

SMALL POOL SCHEDULE

Summer 2009

June 22nd - June 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM	Aqua Fit 6:15-7am		Aqua Fit 6:15-7am		Aqua Fit 6:15-7am		
7:00 AM	Adult Lap 7-8am	Adult Lap 6:30-8:00am	Adult Lap 7-8am	Adult Lap 6:30-8:00			
7:30 AM							
8:00 AM					Adult Lap 7-10am		
8:30 AM	Aquacise 8-8:45am	Aquacise 8-8:45am	Aquacise 8-8:45am	Aquacise 8-8:45am		Aqua Fit 8-8:45am	Adult Lap 7-11
9:00 AM	Adult Lap 9-10am	Adult Lap 9-10am	Adult Lap 9-10am	Adult Lap 9-10am			
9:30 AM							
10:00 AM							
10:30 AM	Instructor Training	Instructor Training	Instructor Training	Instructor Training	Home School 10:00-11:00	Adult Lap 9-12 noon	
11:00 AM							
11:30 AM							
12:00 PM	New Discoveries 11:30 - 1:00	New Discoveries 11:30 - 1:00	New Discoveries 11:30 - 1:00	New Discoveries 11:30 - 1:00	New Discoveries 11-1:00		Youth Swim 11-1
12:30 PM							
1:00 PM							
1:30 PM	Adult open/ Senior Swim 1:00-3:00pm	Adult open/ Senior Swim 1:00-3:00pm	Adult open/ Senior Swim 1:00-3:00pm	Adult open/ Senior Swim 1:00-3:00pm	Adult open/ Senior Swim 1:00-3:30pm	Youth Swim 12-2:30	
2:00 PM							Parties 4
2:30 PM							
3:00 PM							
3:30 PM	Youth Swim 3:00-4:00	Youth Swim 3:00-4:00	Youth Swim 3:00-4:00	Youth Swim 3:00-4:00			
4:00 PM					Private Lessons 3:30-4:30		
4:30 PM	Begin to Swim 4:00-5:30	Begin to Swim 4:00-5:30	Begin to Swim 4:00-5:30	Begin to Swim 4:00-5:30		Family Swim 3-6	
5:00 PM					Youth Swim 4:30-6		Family Swim 4-6
5:30 PM							
6:00 PM	Lifeguard Training	Lifeguard Training	Lifeguard Training	Lifeguard Training			
6:30 PM							
7:00 PM	Aquacise 6:45-7:30pm		Aquacise 6:45-7:30pm		Family Swim 6:00-8:30		
7:30 PM							
8:00 PM	Adult Begin to Swim 7:30-8:15pm	Adult Begin to Swim 7:30-8:15pm	Adult Begin to Swim 7:30-8:15pm	Adult Begin to Swim 7:30-8:15pm			
8:30 PM		Aquacise 8:15-9:15		Aquacise 8:15-9:15			
9:00 PM							
9:30 PM							
10:00 PM							

**Youth Swim is restricted to members 13 years and younger.
Family swim requires both youth and family members.**

LARGE POOL SCHEDULE

Summer 2009

June 22nd - June 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Water X 9-9:45		Water X 9-9:45		Aqua Fit 9-9:45	Swim Team 8:30-10	
9:30 AM							
10:00 AM	A d u l t	A d u l t	A d u l t	A d u l t	A d u l t	A d u l t	A d u l t
10:30 AM							
11:00 AM							
11:30 AM	Water X 11-11:45		Water X 11-11:45				
12:00 PM							
12:30 PM							
1:00 PM		New Discoveries					
1:30 PM	New Discoveries		New Discoveries	New Discoveries			
2:00 PM							
2:30 PM							
3:00 PM	L a p	L a p	L a p	L a p	L a p	L a p	L a p
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Swim Team 7-8:30		Swim Team 7-8:30				
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

**Adult lap is open to teens and adult members who are swimming laps.
This schedule is subject to change**