



We build strong kids, strong families, strong communities.

POOL SCHEDULE Effective: June 1 through August 31, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00 AM	Lap	Lap	Lap	Lap	Lap	Closed	Closed	6:00 AM	
6:30 AM	Lap	Lap	Lap	Lap	Lap			6:30 AM	
7:00 AM	Swim	Swim	Swim	Swim	Swim	Weekend Warrior 9:00-10:00	Closed	7:00 AM	
7:30 AM	Aqua-aerobics High Intensity 7:30-8:30	Fluid Run 7:30-8:30	Aqua-aerobics High Intensity 7:30-8:30	Fluid Run 7:30-8:30	Deep-shallow interval 7:30-8:30			Lap	7:30 AM
8:00 AM	Swim	Swim	Swim	Swim	Swim			Swim	8:00 AM
8:30 AM	Swim	Swim	Swim	Swim	Swim			Swim	8:30 AM
9:00 AM	Swim	Swim	Swim	Swim	Swim			Swim	9:00 AM
9:30 AM	Lap	Stretch & Tone Low intensity 9:30-10:30	Lap	Stretch & Tone Low intensity 9:30-10:30	Lap			Lap	9:30 AM
10:00 AM	Lap	Lap	Lap	Lap	Lap			Lap	10:00 AM
10:30 AM	Swim	Swim	Swim	Swim	Swim			Swim	10:30 AM
11:00 AM	Swim	Swim	Swim	Swim	Swim			Swim	11:00 AM
11:30 AM	Swim	Swim	Swim	Swim	Swim			Swim	11:30 AM
12:00 PM	Swim	Swim	Swim	Swim	Swim	Swim	12:00 PM		
12:30 PM	Lap	Lap	Lap	Lap	Lap	Lap	Lap	12:30 PM	
1:00 PM	Aqua Yoga Low Intensity 1:00-2:00	Lap	Lap	Lap	Lap	Lap	Lap	1:00 PM	
1:30 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	1:30 PM	
2:00 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	2:00 PM	
2:30 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	2:30 PM	
3:00 PM	Lap	Lap	Lap	Lap	Lap	Open swim	Open swim	3:00 PM	
3:30 PM	Lap	Lap	Lap	Lap	Lap	Open swim	Open swim	3:30 PM	
4:00 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	4:00 PM	
4:30 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	4:30 PM	
5:00 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	5:00 PM	
5:30 PM	Swim	Swim	Swim	Swim	Swim	Open swim	Open swim	5:30 PM	
6:00 PM	Total Body Workout 6:00-7:00	Lessons	Total Body Workout 6:00-7:00	Open	Total Body Workout 6:00-7:00	Closed	Closed	6:00 PM	
6:30 PM	Lap	Lessons	Lap	Swim	Swim			6:30 PM	
7:00 PM	Open swim	Lessons	Open swim	Open	Open	Closed	Closed	7:00 PM	
7:30 PM	Open swim	Lessons	Open swim	Open	Open			7:30 PM	
8:00 PM	Open swim	Open	Open swim	Open	Open			8:00 PM	
8:30 PM	Open swim	Open	Open swim	Open	Open			8:30 PM	
9:00 PM	Open swim	Open	Open swim	Open	Open			9:00 PM	
Lap lanes will be adjusted 8 to 5 minutes prior to any program starting. When pool is open for full lap swimming, lane # 1 is for aquajogging and excersice activities.									

**SCHEDULE SUBJECT TO CHANGE WITH OUT NOTICE.