

MAIN POOL SCHEDULE

Effective: January 2, 2009-June 15, 2009

Monday – Thursday 5:30am-9:15pm • Friday 5:30am-8:45 pm • Saturday 8am- 5:45pm • Sunday 1-5:45pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LAP SWIM (6 Lanes) 5:30-8:00am	LAP SWIM (3 Lanes)/ Groups 5:30-8:00 am	LAP SWIM (6 Lanes) 5:30-8:00 am				
7:00am							
8:00am	DEEP H ₂ O COMBO 8:15-9am One Lap Lane	LAP SWIM 8-9:00am	DEEP H ₂ O COMBO 8:15-9am One Lap Lane	LAP SWIM 8-9:00am	DEEP H ₂ O COMBO 8:15-9am One Lap Lane	LAP SWIM 8:00-8:30 AM	
9:00am	AQUACISE 9-9:50 am One Lap lane	LAP SWIM (6 Lanes) 9-10am	AQUACISE 9-9:50 am One Lap lane	LAP SWIM (6 Lanes) 9-11:00am	AQUACISE 9-9:50 am One Lap lane	SWIM CLUB 8:30-11:00am	
10:00am	LAP SWIM 10-10:30am	YOUTH CLASSES/ LAP SWIM (3 Lanes) 10-11:00am	LAP SWIM 10-10:30am		LAP SWIM 10-10:30am		
	ARTHRITIS PLUS 10:30-11:30am		ARTHRITIS PLUS 10:30-11:30am	ARTHRITIS PLUS 10:30-11:30am			
11:00am	LAP SWIM 11:30-2:00pm (6 lanes)	AQUACISE 11am-11: 55pm	LAP SWIM 11:30-2:00pm (6 lanes)	AQUACISE 11am-11: 55pm	LAP SWIM 11:30-2:00pm (6 lanes)	LAP SWIM (3 Lanes) YOUTH CLASSES 11:00-12:00pm	
12pm		LAP SWIM 12-2pm (6 lanes)		LAP SWIM 12-2pm (6 lanes)		LAP SWIM 12-2pm (6 lanes)	AQUACISE 12:00-12:55pm One Lap Lane
1:00pm							
2:00pm	LAP SWIM (3 Lanes)/ Groups 2-4:00pm	LAP SWIM (3 Lanes)/ Groups 2-3:45pm	LAP SWIM (3 Lanes)/ Groups 2-3:45pm	LAP SWIM (3 Lanes)/ Groups 2-3:45pm	LAP SWIM (3 Lanes)/ Groups 2-4:00pm	LAP SWIM (6 Lanes) 1:00-5:45pm	LAP SWIM (6 Lanes) 1-5:45pm
3:00pm							
4:00pm	LAP SWIM (6 Lanes) 4-5:00pm	SWIM CLUB (5 Lanes) 3:45-6:00pm One Lap Lane	SWIM CLUB (4 lanes) LAP SWIM (2 Lanes) 3:45-4:45pm	SWIM CLUB (5 Lanes) 3:45-6:00pm One Lap Lane	LAP SWIM (6 Lanes) 4-8:45pm		
5:00pm	YOUTH LESSONS (4 lanes) LAP SWIM (2 Lanes) 5:10-5:55pm		YOUTH LESSONS (4 lanes) LAP SWIM (2 Lanes) 5:10-5:55pm				
6:00pm	DEEP H ₂ O COMBO 6:05-7:00pm One Lap Lane	Swim Club (4 Lanes) Lap Swim (2 Lanes) 6:00-7:00pm	DEEP H ₂ O COMBO 6:05-7:00pm One Lap Lane	Swim Club (4 Lanes) Lap Swim (2 Lanes) 6:00-7:00pm	LAP SWIM (6 Lanes) 4-8:45pm	POOL CLOSSES AT 5:45pm	
7:00pm	Swim Club (5 lanes)/ Certification Class 7:00-9:15pm One Lap Lane	LAP SWIM 7:00-8:15pm (6 Lanes)	Swim Club (5 lanes)/ Certification Class 7:00-9:15pm One Lap Lane	LAP SWIM 7:00-8:15pm (6 Lanes)			
8:00pm		Adult Lessons 8:15-9:00pm LAP SWIM 8:15-9:15pm (3 Lanes)		Adult Lessons 8:15-9:00pm LAP SWIM 8:15-9:15pm (3 Lanes)			
9:00pm	POOL CLOSSES AT 9:15pm					Pool Closes At 8:45pm	

- ❖ POOL TEMPERATURE is maintained at 84
 - ❖ LAP SWIM is for members 16 years of age or older. There is a 30-minute limit during peak times. There will be 2 to 6 lanes available; ask the lifeguard how many lanes are available.
 - ❖ OPEN SWIM – the pool is available for lap swimming and/or recreational swimming.
 - ❖ DEEP H₂O COMBO – A low impact aerobic aquacise class done primarily in deep water.
 - ❖ AQUACISE – A low impact medium/high intensity water aerobic class done in the shallow end.
- NO DIVING ALLOWED – Unless supervised by an instructor during class or swim club/team practice.**

**SCHEDULE SUBJECT TO CHANGE

**Blacked out boxes represents facility closed.

Updated 4/28/2009