

# Winter/Spring 2010 Pool Schedule

<b>Large Pool Swimming Schedule</b>	<b>Small Pool Swimming Schedule</b>
<p><u>Monday</u>                      5:00 - 9:00 am: Lap Swim                      9:00 - 10:00 am: Aquarobics/One Lane Lap Swim                      10:00 am – 2:00 pm: Lap Swim                      2:00 - 3:00 pm: Live Y'ers/One Lane Lap Swim                      3:00 - 4:15 pm: After School/Two Lane Lap Swim                      4:15 - 5:00 pm: Swim Lessons                      5:00 - 6:15 pm: Lap Swim                      6:15 - 8:15 pm: Swim Lessons/Heat Practice                      8:15 - 9:15 pm: Heat Practice/One Lane Lap Swim</p>	<p><u>Monday</u>                      5:00 – 8:15 am: Lap Swim                      8:15 – 11:15 am: Aqua Classes                      11:00 am – 1:00 pm: Lap Swim                      1:00 – 3:00 pm: Open Swim                      3:00 – 4:00 pm: Arthritis Exercise                      4:00 – 6:00 pm: Swim Lessons                      6:00 – 7:00 pm: Deep Water Exercise                      7:00 – 9:00 pm: Open Swim</p>
<p><u>Tuesday</u>                      5:00 - 9:00 am: Lap Swim                      9:00 - 10:00 am: Swim Lessons                      10:00 am – 2:00 pm: Lap Swim                      2:00 - 3:00 pm: Live Y'ers/One lane Lap Swim                      3:00 - 4:15 pm: Lap Swim                      4:15 - 5:00 pm: Swim Lessons                      5:00 - 6:15 pm: Lap swim                      6:15 - 7:00 pm: Heat Practice/Aquaerobics                      7:00 - 8:15 pm: Heat Practice                      8:15 - 9:00 pm: Heat Practice/One Lane Lap Swim</p>	<p><u>Tuesday</u>                      5:00 – 6:30 am: Lap swim                      6:30 – 7:30 am: Deep End Open                      8:00 – 9:00 am: Aquathentics                      9:00 – 10:15 am: Swim Lessons                      10:15 – 11:15 am: Open Swim                      11:15 am – 2:00 pm: Lap Swim                      2:00 – 3:00 pm: Open Swim                      3:00 – 4:00 pm: Aqua Classes/ Deep End Open                      4:00 – 6:15 pm: Swim Lessons                      6:15 – 9:00 pm: Open Swim</p>
<p><u>Wednesday</u>                      5:00 - 9:00 am: Lap Swim                      9:00 - 10:00 am: Aquaerobics/One Lane Lap Swim                      10:00 am – 2:00 pm: Lap Swim                      2:00 - 3:00 pm: Live Y'ers/One Lane Lap Swim                      3:00 - 4:15 pm: Swim Lesson/Two Lane Lap Swim                      4:15 - 5:00 pm: Swim Lessons                      5:00 - 6:15 pm: Lap Swim                      6:15 - 8:15 pm: Swim Lessons/Heat Practice                      8:15 - 9:15 pm: Heat Practice/One Lane Lap Swim</p>	<p><u>Wednesday</u>                      5:00 – 8:15 am: Lap Swim                      8:15 – 11:15 am: Aqua Classes                      11:00 am – 1:00 pm: Lap Swim                      1:00 – 3:00 pm: Open Swim                      3:00 – 4:00 pm: Arthritis Exercise                      4:00 – 6:00 pm: Swim Lessons                      6:00 – 7:00 pm: Deep Water Exercise                      7:00 – 9:00 pm: Open Swim</p>
<p><u>Thursday</u>                      5:00 - 9:00 am: Lap Swim                      9:00 - 10:00 am: Swim Lessons                      10:00 am – 2:00 pm: Lap Swim                      2:00 - 3:00 pm: Live Y'ers/One lane Lap Swim                      3:00 - 4:15 pm: After School/Two Lane Lap Swim                      4:15 - 5:00 pm: Swim Lessons                      5:00 - 6:15 pm: Lap swim                      6:15 - 7:00 pm: Heat Practice/Aquaerobics                      7:00 - 8:15 pm: Heat Practice                      8:15 - 9:00 pm: Heat Practice/One Lane Lap Swim</p>	<p><u>Thursday</u>                      5:00 – 6:30 am: Lap swim                      6:30 – 7:30 am: Deep End Open                      8:00 – 9:00 am: Aquathentics                      9:00 – 10:15 am: Swim Lessons                      10:15 – 11:15 am: Open Swim                      11:15 am – 2:00 pm: Lap Swim                      2:00 – 3:00 pm: Open Swim                      3:00 – 4:00 pm: Aqua Classes/ Deep End Open                      4:00 – 6:15 pm: Swim Lessons                      6:15 – 9:00 pm: Open Swim</p>
<p><u>Friday</u>                      5:00 - 9:00 am: Lap Swim                      9:00 - 10:00 am: Aquarobics/One Lane Lap Swim                      10:00 am – 2:00 pm: Lap Swim                      2:00 - 3:00 pm: Live Y'ers/One Lane Lap Swim                      3:00 - 6:00 pm: Lap Swim                      6:00 - 7:30 pm: Swim Lessons/Masters                      7:30 - 9:00 pm: Lap Swim</p>	<p><u>Friday</u>                      5:00 – 8:15 am: Lap Swim                      8:15 – 11:15 am: Aqua Classes                      11:00 am – 1:00 pm: Lap Swim                      1:00 – 3:00 pm: Open Swim                      3:00 – 4:00 pm: Aqua Classes                      4:00 – 6:00 pm: Open Swim                      6:00 – 7:00 pm: Swim Lessons                      7:00 – 9:00 pm: Open Swim</p>
<p><u>Saturday</u>                      7:30 - 9:00 am: Lap Swim                      9:00 am - 12:45 pm: Swim Lessons                      12:45 - 4:45 pm: Lap Swim</p>	<p><u>Saturday</u>                      7:30 – 9:00 am: Lap Swim                      9:00 am – 12:00 pm: Swim Lessons                      12:00 – 1:00 pm: Lap Swim                      1:00 – 4:45 pm: Open Swim</p>
<p><u>Sunday</u>                      12:00 – 3:00 pm: Lap Swim                      3:00 – 4:45 pm: Swim Lessons/Masters</p>	<p><u>Sunday</u>                      12:00 – 1:00 pm: Lap Swim                      1:00 – 3:45 pm Open Swim                      3:45 – 4:45 pm: Swim Lessons</p>