



We build strong kids, strong families, strong communities.

POOL SCHEDULE Effective: February 1st -March 31st, 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			
7:00 AM	Swim	Swim	Swim	Swim	Swim	Lap Swim		7:00 AM
7:30 AM	Aqua-aerobics High Intensity	Fluid Run	Aqua-aerobics High Intensity	Fluid Run	Deep-shallow interval			
8:00 AM	Swim	Swim	Swim	Swim	Swim	Weekend Warrior		8:00 AM
8:30 AM	Swim	Swim	Swim	Swim	Swim			
9:00 AM	Lap	Stretch & Tone Low intensity	Lap	Stretch & Tone Low intensity	Lap	Swim		9:00 AM
9:30 AM	Lap	Lap	Lap	Lap	Lap			
10:00 AM	Swim	Swim	Swim	Swim	Swim	Swim		10:00 AM
10:30 AM	Swim	Swim	Swim	Swim	Swim			
11:00 AM	Swim	Swim	Swim	Swim	Swim	Swim	11:00 AM	
11:30 AM	Swim	Swim	Swim	Swim	Swim			11:30 AM
12:00 PM	Lap	Lap	Lap	Lap	Lap	Lap	Open swim	12:00 PM
12:30 PM	Lap	Lap	Lap	Lap	Lap			
1:00 PM	Aqua Yoga Low Intensity	Swim	Swim	Swim	Swim	Swim		1:00 PM
1:30 PM	Swim	Swim	Swim	Swim	Swim			
2:00 PM	Lap	Y A c h i e v e r s	Lap	Y A c h i e v e r s	Y A c h i e v e r s	Lap		2:00 PM
2:30 PM	Lap	Swim	Lap	Swim	Swim			
3:00 PM	Swim	Swim	Swim	Swim	Swim	Lap		3:00 PM
3:30 PM	Swim	Swim	Swim	Swim	Swim			
4:00 PM	Swim	Swim	Swim	Swim	Swim	Lap		4:00 PM
4:30 PM	Swim	Swim	Swim	Swim	Swim			
5:00 PM	Swim	Swim	Swim	Swim	Swim	Lap	Closed	5:00 PM
5:30 PM	Swim	Swim	Swim	Swim	Swim			
6:00 PM	Total Body Workout	Swim	Total Body Workout	Swim	Total Body Workout	Swim		6:00 PM
6:30 PM	Swim	Swim	Swim	Swim	Swim			
7:00 PM	Open	Swim	Open	Open	Open	Closed		7:00 PM
7:30 PM	Swim	Swim	Swim	Swim	Swim			
8:00 PM	Open	Swim	Open	Open	Open	Closed		8:00 PM
8:30 PM	Swim	Swim	Swim	Swim	Swim			
9:00 PM	Swim	Swim	Swim	Swim	Swim	Closed		9:00 PM
	Swim	Swim	Swim	Swim	Swim			
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.