

MAIN POOL SCHEDULE

Effective June 7, 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM		Adult Lap 5:30 - 8:25	Adult Lap 5:30 - 8:25	Adult Lap 5:30 - 8:25	Adult Lap 5:30 - 8:25	Adult Lap 5:30 - 8:25	Adult Lap 6:30 - 8:25
7:30 AM							
8:00 AM							
8:30 AM		Aqua Motion/ Silver Splash 8:30 - 9:30	Aqua Motion/ Silver Splash 8:30 - 9:30	Aqua Motion/ Silver Splash 8:30 - 9:30	Aqua Motion/ Silver Splash 8:30 - 9:30	Aqua Motion/ Silver Splash 8:30 - 9:30	
9:00 AM							
9:30 AM							
10:00 AM							Lessons 8:30 - 12:00
10:30 AM		Lessons 9:30 - 12:00	Lessons 9:30 - 12:00	Lessons 9:30 - 12:00	Lessons 9:30 - 12:00	Lessons 9:30 - 12:00	
11:00 AM							
11:30 AM							
12:00 PM		Warm Water Workout 12:00-1:00	Warm Water Workout 12:00-1:00	Warm Water Workout 12:00-1:00	Warm Water Workout 12:00-1:00	Warm Water Workout 12:00-1:00	
12:30 PM							
1:00 PM		Adult Lap (3) Adult Open (3) 1:00 - 1:45	Adult Lap (3) Adult Open (3) 1:00 - 1:45	Adult Lap (3) Adult Open (3) 1:00 - 1:45	Adult Lap (3) Adult Open (3) 1:00 - 1:45	Adult Lap (3) Adult Open (3) 1:00 - 1:45	
1:30 PM							
2:00 PM							
2:30 PM		Camp Swim 1:45-4:00	Camp Swim 1:45-4:00	Camp Swim 1:45-4:00	Camp Swim 1:45-4:00	Camp Swim 1:45-4:00	
3:00 PM	Recreational 12:00 - 6:00						Recreational 12:00 - 7:00
3:30 PM							
4:00 PM							
4:30 PM		Recreational 4:00 - 6:00		Recreational 4:00 - 6:00		Recreational 4:00 - 5:30	
5:00 PM			Recreational 4:00 - 8:00		Recreational 4:00 - 9:00		
5:30 PM							
6:00 PM		Swim Lessons 6:00-8:15		Swim Lessons 6:00-8:15		Adult Lap (2) 5:30-6:30 Deep Water (3) 6:00-6:45	
6:30 PM							
7:00 PM		Deep Water 6:00-6:45	Swim Team (2) 4:30-5:30	Deep Water 6:00-6:45	Swim Team (2) 4:30-5:30		
7:30 PM							
8:00 PM		Recreational 8:15 - 9:00	Adult Lessons 8:15 - 9:00	Recreational 8:15 - 9:00		Recreational 6:45 - 9:00	
8:30 PM							
9:00 PM		Adult Lap (3) Scuba (3) 9:00 - 10:00	Adult Lap (3) Scuba (3) 9:00 - 10:00	Adult Lap (3) Scuba (3) 9:00 - 10:00	Adult Lap (3) Scuba (3) 9:00 - 10:00	Adult Lap (3) Scuba (3) 9:00 - 10:00	
9:30 PM							

Adult Lap Lap lanes available for members 18 & over

Recreational Lanes 1, 2 & 3 Open

Lanes 4 & 5 Adult Lap

Lane 6 Lap/Lesson Lane

MAIN POOL SCHEDULE

Effective January 28, 2010