

POOL SCHEDULE

Sept. 2 – Dec. 20, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 6:00-8:15					Synchro Team 6:00-9:00	
Stretch 8:15-9:00	Adult Lap 8:15-9:00	Stretch 8:15-9:00	Adult Lap 8:15-9:00	Stretch 8:15-9:00		
SilverSplash 9:00-9:45	L A P Cardio Run 9:00-9:45	SilverSplash 9:00-9:45	L A P Cardio Run 9:00-9:45	SilverSplash 9:00-9:45	Deep Water Aerobics/ Lessons 9:00-12:00	
Aquacise 9:45-10:30	L A P Lessons 9:45-11:30	Aquacise 9:45-10:30	Lessons 9:45-11:30	Aquacise 9:45-10:30	Adult Lap 12:00-1:00	
Lessons 10:30-11:30		Lessons 10:30-11:30		Lessons 10:30-11:30		
Adult Lap 11:35-12:15	11:35-1:00 Adult Lap 11:35-1:00				L A P Open Swim 1:00-6:30	Adult Lap 12:00-1:00
Adapted 12:15-2:00	L A P Programming 1:00-2:00	L A P Recreational 1:00-2:00	L A P Home School 1:00-2:00	Programming 1:00-2:00		
2:00-3:00 Adult Lap Swim 2:00-3:00						
L A P Adapted 3:00-4:00	L A P Recreational 3:00-4:00	L A P Recreational 3:00-4:00	L A P Recreational 3:00-4:00	L A P SACC/ Recreational 3:00-4:00		L A P Open Swim 1:00-6:00
Swim Team 4:00-6:00	Community/Swim Team 4:00-6:00	Swim Team 4:00-6:00	Community/Swim Team 4:00-6:00	Swim Team 4:00-6:00		
L A P Lessons 6:00-7:30	Swim Team/Lessons 6:00-7:30	L A P Lessons 6:00-7:30	Swim Team/Lessons 6:00-7:30	L A P Adult Lap 6:00-7:30		Synchro 6:00-7:00
L A P Recreational 7:30-8:30	L A P Programming 7:30-8:15	Synchro 7:30-9:45		L A P Programming 7:30-8:15	L A P Recreational 7:30-9:45	
Adult Lap 8:30-9:45	L A P Recreational 8:15-9:45	L A P Recreational 8:15-9:45				

WHEN POOL IS CLOSED, WHIRLPOOL IS CLOSED.

Adult Lap Swim 18 years of age and older. Lap Swim, any age (circle swim).
Lap lanes may be removed 5 minutes before the end of any swimming period or time.

Hours and scheduling are subject to change according to usage and weather.

POOL & WHIRLPOOL CLOSED: Oct. 17 & 18 6:30 p.m. Synchronized Swim Show
 Nov. 8 & 9 All Day Swim Meet
 Dec. 16 & 18 4:00 p.m. Best of West Swim Meet

POOL RULES

Family Swim - Parents must accompany child or children into the pool area and remain there while child or children swim. Children under age 6 must be accompanied in the water.

Please familiarize yourself and your family with the pool rules. They are posted on the bulletin board and on the door leading into the pool.