

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 | | | | | |
| L A P | SilverSplash 9:00-9:45 | L A P | Cardio Run 9:00-9:45 | L A P | SilverSplash 9:00-9:45 | L A P | Cardio Run 9:00-9:45 | L A P | 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 | | L A P | Lessons 9:45-11:30 | | Adult Lap 12:00-1:00 | |
| Aquafit 10:45-11:30 | Lessons 10:30-11:30 | | | | Aquafit 10:45-11:30 | Lessons 10:30-11:30 | | | | Aquafit 10:45-11:30 | Lessons 10:30-11:30 | | |
| Adult Lap 11:35-12:15 | | 11:35-1:00 Adult Lap 11:35-1:00 | | | | | | | | | | | |
| Adapted 12:15-2:00 | | L A P | Home School 1:00-2:00 | L A P | Recreational 1:00-2:00 | L A P | Home School 1:00-2:00 | L A P | Recreational 1:00-2:00 | Open Swim 1:00-6:30 | | Adult Lap 12:00-1:00 | |
| 2:00-3:00 | | | Adult Lap Swim 2:00-3:00 | | 2:00-3:00 | | Adult Lap Swim 2:00-3:00 | | 2:00-3:00 | | L A P | Open Swim 1:00-6:00 | |
| 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 | | | | |
| | 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 | | PM Splash 7:30-8:15 | Synchro 7:30-9:45 | | | L A P | PM Splash 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.