

## POOL SCHEDULE

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							
LAP	Taste of Aqua Fit 9:00-10:00	L A P	Cardio Run 9:00-9:45	LAP	Taste of Aqua Fit 9:00-10:00	L A P	Cardio Run 9:00-9:45	LAP	Taste of Aqua Fit 9:00-9:45	Deep Water 9:00-9:45					
LAP	Aquacise 10:00-10:45	L A P	Lessons 9:45-11:30	LAP	Aquacise 10:00-10:45	L A P	Lessons 9:45-11:30	LAP	Aquacise 9:45-10:30	Lessons 9:00-11:15					
Lessons 10:30-11:30				Lessons 10:30-11:30				SilverSplash* 10:45-11:45							
SilverSplash* 10:45-11:45				SilverSplash* 10:45-11:45											
11:30-1:00 Adult Lap* 11:30-1:00										Adult Lap 11:15-1:00				Adult Lap 12:00-1:00	
L A P	Lessons Adapted 12:15-2:00	L A P	Recreational 1:00-2:00	L A P	Lessons 1:00-2:00	L A P	Home School 1:00-2:00	L A P	Recreational 1:00-2:00						
2:00-3:00 Adult Lap Swim 2:00-3:00										LAP Recreational Swim 1:00-6:30				I A P Recreational 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	LAP	SACC/ Recreational 3:00-4:00						
LAP	Swim Lessons 4:00-6:00	Swim Team 4:00-6:00		LAP	Swim Lessons 4-6:45	Swim Team 4:00-6:00		Swim Team 4:00-6:00							
Swim Team 6:00-8:00		Lessons/Synchro 6:00-8:30 1/2 Rec @ 7:45		Swim Team 6:00-7:30		Recreational/Synchro 6:00-7:30		LAP	Recreational 6:00-9:45						
L A P	Recreational 8:00-9:45	L A P	Recreational 8:30-9:45	Synchro 7:30-9:45		L A P	Recreational 7:30-9:45								
												Synchro 6:00-7:00			

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. .

When pool is closed, whirlpool is closed

Indoor pool will be closed immediately upon the event of a severe thunderstorm warning, a thunderstorm directly overhead or a tornado warning.

Please call 588-0255 for a recorded message regarding facility and program changes.

\*Please note Monday, Wednesday, and Friday Silver Sneakers finishes at 11:45am but Adult Lap Swim will begin at 11:30am

**September 7, 2009-December 20, 2009**

Schedule is subject to change UPDATED 8/4/2009