

MAIN POOL SCHEDULE*

Effective: June 21, 2010

Monday – Thursday 5:30am-9:15pm • Friday 5:30am-8:00 pm • Saturday 8am- 4:30pm • Sunday 1-4:30pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LAP SWIM (6 Lanes) 5:30-8:15 am						
7:00am							
8:00am	DEEP H₂O COMBO 8:15-9am One Lap Lane	LAP SWIM 8:15-9:00am	DEEP H₂O COMBO 8:15-9am One Lap Lane	LAP SWIM 8:15-9:00am	DEEP H₂O COMBO 8:15-9am One Lap Lane	LAP SWIM (6 Lanes) 8:00am-9:00am	OPEN SWIM/ LAP SWIM (3 Lanes**) 1-4:30pm
9:00am	AQUACISE 9-9:50 am One Lap lane	AQUACISE 9-9:50 am One Lap lane	AQUACISE 9-9:50 am One Lap lane	AQUACISE 9-9:50 am One Lap lane	AQUACISE 9-9:50 am One Lap lane	SWIM LESSONS/ LAP SWIM (3 Lanes**) 9:00-12:00pm	
10:00am	YOUTH CLASSES One Lap Lane 10-12:00pm	YOUTH CLASSES One Lap Lane 10-12:00pm	YOUTH CLASSES One Lap Lane 10-12:00pm	YOUTH CLASSES One Lap Lane 10-12:00pm	YOUTH CLASSES One Lap Lane 10-12:00pm		
11:00am							
12:00pm	LAP SWIM 12:00-1:00pm (6 lanes)	LAP SWIM 12:00-1:00pm (6 lanes)	LAP SWIM 12:00-1:00pm (6 lanes)	LAP SWIM 12:00-1:00pm (6 lanes)	LAP SWIM 12:00-1:00pm (6 lanes)	OPEN SWIM/ LAP SWIM (3 Lanes**) 12-4:30pm	
1:00pm	DAY CAMPS One Lap Lane 1:00-3:00pm	DAY CAMPS One Lap Lane 1:00-3:00pm	DAY CAMPS One Lap Lane 1:00-3:00pm	DAY CAMPS One Lap Lane 1:00-3:00pm	DAY CAMPS One Lap Lane 1:00-3:00pm		
2:00pm							
3:00pm	LAP SWIM 3:00-4:00pm (6 lanes**)	LAP SWIM 3:00-4:00pm (6 lanes**)	LAP SWIM 3:00-4:00pm (6 lanes**)	LAP SWIM 3:00-4:00pm (6 lanes**)	LAP SWIM 3:00-4:00pm (6 lanes**)		
4:00pm	SWIM LESSONS/ LAP SWIM (3 Lanes) 4:00-5:00pm	SWIM LESSONS/ LAP SWIM (3 Lanes) 4:00-5:00pm	SWIM LESSONS/ LAP SWIM (3 Lanes) 4:00-5:00pm	SWIM LESSONS/ LAP SWIM (3 Lanes) 4:00-5:00pm	LAP SWIM/ OPEN SWIM (6 Lanes**) 4:00-5:00pm		
5:00pm	LAP SWIM 5:00-6:00pm (6 lanes)	LAP SWIM 5:00-6:00pm (6 lanes)	LAP SWIM 5:00-6:00pm (6 lanes)	LAP SWIM 5:00-6:00pm (6 lanes)	LAP SWIM/ OPEN SWIM (6 lanes) 5:00-6:00pm		
6:00pm	DEEP H₂O COMBO 6:05-7:00pm Two Lap Lanes	AQUACISE 6:05-7:00PM SWIM LESSON (One Lane) 6:30-7:00pm One Lap Lane	DEEP H₂O COMBO 6:05-7:00pm Two Lap Lanes	AQUACISE 6:05-7:00PM SWIM LESSON (One Lane) 6:30-7:00pm One Lap Lane	LAP SWIM/ OPEN SWIM (6 Lanes**) 6:00-8:00pm	POOL CLOSSES AT 4:30pm	
7:00pm	LAP SWIM 7:00-8:00pm (3 Lanes) SWIM LESSON (3 Lanes)	LAP SWIM 7:00-8:00pm (3 Lanes) SWIM LESSON (3 Lanes) 7:15-7:45pm	LAP SWIM 7:00-8:00pm (3 Lanes) SWIM LESSON (3 Lanes)	LAP SWIM 7:00-8:00pm (3 Lanes) SWIM LESSON (3 Lanes) 7:15-7:45pm			
8:00pm	LAP SWIM/ OPEN SWIM 8:05-9:15pm	LAP SWIM/ OPEN SWIM 8:00-9:15pm	LAP SWIM/ OPEN SWIM 8:05-9:15pm	LAP SWIM/ OPEN SWIM 8:00-9:15pm		Pool Closes At 8:00pm	
9:00pm	POOL CLOSSES AT 9:15pm						

*Schedule may change due to extenuating circumstances.

**Lane Availability may vary due to patron loads.

❖ **POOL TEMPERATURE** is maintained at 84

❖ **LAP SWIM** is for members 16 years of age or older. There is a 30-minute limit during peak times. Please ask lifeguards for assistance.

❖ **OPEN SWIM** – the pool is available for lap swimming and/or recreational swimming.

❖ **DEEP H₂O COMBO** – A low impact aerobic aquacise class done primarily in deep water.

❖ **AQUACISE** – A low impact medium/high intensity water aerobic class done in the shallow end.

NO DIVING ALLOWED – Unless supervised by an instructor during class or swim club/team practice.

Updated 7/21/2010