

Aquatics Program Schedule For Spring 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Lap Swim 7-8am	Open @ 8am	Lap Swim 7-8am	Open @ 8am	Lap Swim 7-8am	Facility Opens @ 9am	Facility Opens @ 9am
7:30am							
8:00am	Water X	Ai Chi 8am	Water X	Ai Chi 8am	Water X		
8:30am							
9:00am	Gentle Stretch 9-10am	Gentle Stretch 9-10am	Gentle Stretch 9-10am	Gentle Stretch 9-10am	Gentle Stretch 9-10am	Ai Chi 9am	Baby Swim & Aqua jog
9:30am							
10:00am	Baby Swim & Aqua jog	Baby Swim & Aqua jog	Baby Swim & Aqua jog	Baby Swim & Aqua jog	POOL CLOSED School RENTAL	Aqua Nia & Open Exercise	Healthy Exercise & Open Exercise
10:30am							
11:00am	Open Exercise	Open Exercise <i>*Pre/Postnatal</i>	Open Exercise	Open Exercise <i>*Pre/Postnatal</i>		Lap Swim & Open Swim	Lap Swim & Open Swim
11:30am							
12:00pm	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Lap Swim & Open Swim	Family Swim 12 -1:30	Family Swim 12 -1:30
12:30pm							
1:00pm	Healthy Exercise & Open Exercise	Healthy Exercise & Open Exercise	Healthy Exercise & Open Exercise	Healthy Exercise & Open Exercise	Healthy Exercise & Open Exercise	Close @ 1:30	Close @ 1:30
1:30pm							
2:00pm	<i>*Swimming Lessons</i>	Lap Swim & Open Swim	<i>*Swimming Lessons</i>	Lap Swim & Open Swim	Lap Swim & Open Swim	Rent The POOL	Rent The POOL
2:30pm							
3:00pm		<i>*Swimming Lessons</i>		<i>*Swimming Lessons</i>	POOL CLOSED Staff Training		
3:30pm							
4:00pm							
4:30pm							
5:00pm	Up Tempo I	<i>*Junior Swim Team</i>	Up Tempo I	Lap Swim & Baby Swim	Up Tempo I & Lap Swim		
5:30pm							
6:00pm	Family Swim 6:30-8pm	Ai Chi 6:30pm	Family Swim 6:30-8pm	Aqua Yoga 6:30-7:45 <i>*Pre-Register</i>	Family Swim 6:00-8pm		
6:30pm							
7:00pm	Close @ 8:00	Rent The POOL	Close @ 8:00	Close @ 7:45	Close @ 8:00		
7:30pm							
8:00pm	Rent The POOL		Rent The POOL	Rent The POOL	Rent The POOL		
8:30pm							
9:00pm							

Drop-in Rates Individual \$5 *Series \$9 Family&Baby 2 Person \$8 3-5 Person \$12 Each Add. \$3Scholarships Punch Cards and 30Day Unlimited Cards available, Please ask at the front desk

All **Open Swim** times are open to all ages **Open Exercise** for fitness purposes only

Management reserves the right to change the schedule or approve other activities during scheduled times.

** Series Classes as well as Swimming Lessons have various session dates and fee structures please contact us for more information (541) 686-9290.*