

# Aquatics Program Schedule For Summer 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am	Lap Swim	Open @ 8am	Lap Swim	Open @ 8am	Lap Swim	Open @ 7:45	Facility Opens @ 9:00am
8:00am	Lap Swim & Water X	Ai Chi 8am	Lap Swim & Water X	Ai Chi 8am	Lap Swim & Water X	*Aqua Nia 4 class \$30	
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	*School Lessons & Aqua jog	*School Lessons & Aqua jog	*School Lessons & Aqua jog	*School Lessons & Aqua jog	*School Lessons & Aqua jog	Healthy Exercise	Healthy Exercise
10:30am							
11:00am	#Open Exercise	#Open Exercise *Prenatal	#Open Exercise	#Open Exercise *Prenatal	#Open Exercise	#Open Exercise & Lap Swim	#Open Exercise & Lap 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	Healthy Exercise	Healthy Exercise	Healthy Exercise	Healthy Exercise		
1:30pm						Close @ 1:30	Close @ 1:30
2:00pm	*Swimming Lessons	#Open Exercise & Lap Swim	*Swimming Lessons	#Open Exercise & Lap Swim	#Open Exercise & Lap Swim	<b>Open for Pool Rentals</b> Drop-In \$5  Family & Baby 2 Person \$8 3-5 Person \$12 Each Add. \$3  Ask about our discounted punch cards and monthly passes!	<b>Open for Pool Rentals</b>   To schedule a rental contact David Mischak (541) 954-2559
2:30pm		*Swimming Lessons		*Swimming Lessons	<b>POOL CLOSED Staff Training</b>		
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm					Up Tempo I & Lap Swim		
5:30pm	Up Tempo I	*Junior Swim Team	Up Tempo I	Lap Swim & Baby Swim	Family Swim 6:00-8pm		
6:00pm							
6:30pm	Family Swim 6:30-8pm	Ai Chi 6:30pm	Family Swim 6:30-8pm	*Aqua Yoga 4 class \$30			
7:00pm							
7:30pm		Close @ 7:30		Close @ 7:45			
8:00pm	Close @ 8:00		Close @ 8:00		Close @ 8:00		
8:30pm	Pool Rentals	Open for Pool Rentals	Pool Rentals	Open for Pool Rentals	Pool Rentals		
9:00pm							

All **Open Swim** times are open to all ages      **#Open Exercise** 12 years and up for fitness purposes **only**  
 \* *Series Classes as well as Swimming Lessons have various session dates and fee structures please contact us for more information (541) 686-9290.*