

Aquatics Program Schedule Update For Summer 2010 Updated July 8th

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	
9:30am								
10:00am	<i>*Group Lessons & Aqua jog</i>	<i>*Group Lessons</i>	<i>*Group Lessons & Aqua jog</i>	<i>*Group Lessons</i>	<i>*Group Lessons & Aqua jog</i>	Baby Swim	Lap Swim & Open Swim	
10:30am								
11:00am	Open Exercise	Open Exercise <i>*Pre/Postnatal</i>	Open Exercise	Open Exercise <i>*Pre/Postnatal</i>	Open Exercise	Lap Swim & Open Exercise	Lap Swim & Open Exercise	
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	Water Walking & 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		<i>*Swimming Lessons</i>			<i>*Swimming Lessons</i>			POOL CLOSED Staff Training
3:00pm								
3:30pm								
4:00pm								
4:30pm								
5:00pm	Up Tempo I & Lap Swim	Baby Swim & <i>*Junior Swim Team</i>	Up Tempo I	Lap Swim & Baby Swim				
5:30pm								
6:00pm	Family Swim 6:30-8pm	Ai Chi 6:30pm	Family Swim 6:30-8pm	Ai Chi 6:30pm	Family Swim 6:00-8pm			
6:30pm								
7:00pm	Close @ 8:00 Rent The POOL	Close @ 7:30 Rent The POOL	Close @ 8:00 Rent The POOL	Close @ 7:30 Rent The POOL	Close @ 8:00 Rent The POOL			
7:30pm								
8:00pm	Close @ 8:00 Rent The POOL	Close @ 7:30 Rent The POOL	Close @ 8:00 Rent The POOL	Close @ 7:30 Rent The POOL	Close @ 8:00 Rent The POOL			
8:30pm								

Drop-in Rates Individual Open/Lap \$6 Instructed Class \$7, **Series* \$9, Family&Baby Swims 2 Person \$9 3 Person \$13 4-5 Person \$16 Each Add. \$4
Scholarships, Punch Cards and 30-Day 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.*