

# Aquatics Program Schedule For Winter 2010

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

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.*