

## Summer Lap Pool Schedule • June 14-August 28, 2010

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5-8:15 am	Adult Swim/Lap Swim	Adult Swim/Lap Swim	Adult Swim/Lap Swim	Adult Swim/Lap Swim	Adult Swim/Lap Swim	7-9 am • Adult Swim	
8:15-9:15 am	Deep Water Aerobics	8:30-9:15 am Water Tots Toddler 1 Beginner 1 & 2	Deep Water Aerobics	8:30-9:15 am Water Tots Toddler 1 Beginner 1 & 2	Deep Water Aerobics	9-11 am Open Swim  Pool closes at 11 am	
9:15-10 am	Water Tots Toddler 1 Beginner 1 & 2	Little Tots Advanced Beginner Interm. & Swimmers	Water Tots Toddler 1 Beginner 1 & 2	Little Tots Advanced Beginner Interm. & Swimmers	9:15-11:30 am Open Swim		
Everyday Lessons							
10-10:45 am	Little Tots Beginner 2 Advanced Beginner	Water Tots Toddler 1 Beginner 1 & 2	Little Tots Beginner 2 Advanced Beginner	Little Tots Water Tots Toddler 1 Beginner 2		9:15-11:30 am Open Swim	
Everyday Lessons							
10:45-11:30 am	Little Tots Water Tots Toddler 2 Beginner 1 & 2	Beginner 1 & 2 Advanced Beginner	Water Tots Toddler 1 Advanced Toddler	Beginner 1 & 2 Advanced Beginner	2:15-5 pm Open Swim		
11:30 am-12:45 pm	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim		Adult Swim Lap Swim	
12:45-2:15 pm	Rental	Rental	Rental	Rental		Rental	
2:15-3 pm	Water Tots Toddler 1 Beginner 1	Advanced Beginner Interm. & Swimmers	Water Tots Toddler 1 Beginner 2	Advanced Beginner Interm. & Swimmers		2:15-5 pm Open Swim	
3:15-4 pm	Beginner 1 & 2 Advanced Beginner	Little Tots Water Tots Toddler 1 Advanced Toddler	Beginner 1 & 2 Advanced Beginner	Little Tots Water Tots Toddler 2			
Everyday Lessons							
4-4:45 pm	Little Tots Toddler 1 Beginner 2	Little Tots Toddler 1 Beginner 1 & 2	Advanced Beginner Interm. & Swimmers	Toddler 1 Beginner 1 Advanced Toddler			
Everyday Lessons							
4:45-5:30 pm	Advanced Beginner Interm. & Swimmers	Water Tots Toddler 2 Beginner 1	Little Tots Toddler 1 Beginner 2	Water Tots Advanced Toddler Beginner 1		5-8 pm Open Swim 6/25, 7/9, 7/23, 8/6, 8/20  Pool closes at 8 pm	
5:30-6:15 pm	Adult Swim Lap Swim	Adult Swim Lap Swim Deep Water Aerobics	Adult Swim Lap Swim	Adult Swim Lap Swim Deep Water Aerobics			
6:15-7 pm	Little Tots Toddler 1 Beginner 1	Water Tots Toddler 1 Beginner 2	Water Tots Toddler 1 Beginner 1	Little Tots Water Tots Beginner 2			
7-7:45 pm	Beginner 1 & 2 Advanced Beginner	Interm. & Swimmers Pre-Team	Beginner 1 & 2 Advanced Beginner	Interm. & Swimmers Pre-Team			

## Summer Exercise Pool Schedule • June 14-August 28, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 am • H2O Yoga	6:30-7:15 am • Aqua Aerobics		6:30-7:15 am • Aqua Aerobics	
7:15-8 am • Aqua Aerobics w/Jets	7:30-8:15 am • Aqua Aerobics w/Jets	7:15-8 am • Aqua Aerobics w/Jets	7:30-8:15 am • Aqua Aerobics w/Jets	
8-8:45 am • Aqua Aerobics	8:15-9 am • H2O Combo	8-8:45 am • Aqua Aerobics	8:15-9 am • H2O Combo	8-8:45 am • Water Pilates
8:45-9:30 am • Joint Movement+	9-10:30 am Childcare Play Swim Open Swim	8:45-9:30 am • Joint Movement+	9:15-10 am • Parent Tot	8:45-9:30 am • Joint Movement+
9:30-10:15 am Cancer Fit Water Joint Movement+		9:30-10:15 am Cancer Fit Water Joint Movement+	10-10:45 • Child Care Play Swim	12-4 pm Open Swim
10:15-11 am • Water Tai Chi	10:45-11:30 am • Joint Movement	10:15-11 am • Water Tai Chi	10:45-11:30 am • Joint Movement	5-8 pm Open Swim 6/18, 7/2, 7/16, 7/30, 8/13, 8/27  Pool closes at 8 pm
11-11:45 am • Joint Movement		11-11:45 am • Joint Movement		
12:45-2:15 • Rental	12:45-3:15 • Rental	12:45-2:15 • Rental	12:45-3:15 • Rental	
2:15-4:15 pm • Open Swim	3:15-4 pm • Joint Movement+	2:15-4:15 pm • Open Swim	3:15-4 pm • Joint Movement+	
4:15-5 pm • Water Pilates	4-4:45 pm • Water Walking with Jets	4:15-5 pm • H2O Combo	4-4:45 pm • Water Walking with Jets	
5-5:30 pm • H2O Circuit	4:45-5:30 pm • Aqua Aerobics	5-5:30 pm • H2O Circuit	4:45-5:30 pm • Aqua Aerobics	
5:30-6:15 pm Aqua Aerobics w/Jets	5:30-6:15 pm • H2O Combo	5:30-6:15 pm • Aqua Aerobics	5:30-8 pm • Open Swim	
6:15-8 pm • Open Swim	6:15-7 pm • Parent Tot	6:15-8 pm • Open Swim		