

Pool Schedule January 4-March 31, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|---|
| Lane Swim 6:30-8:10 am | Lane Swim (3 lanes) 6:30-8:10 am | Lane Swim 6:30-8:10 am | Lane Swim (3 lanes) 6:30-8:10 am | Lane Swim 6:30-8:10 am | | Levels 1 = mild 2 = moderate (low impact) 3 = moderate/ intense (low/high impact) 4 = Intense |
| Aquafit ³ 8:10-8:55 am | Aquafit ³ 8:10-8:55 am | Aquafit ³ 8:10-8:55 am | Aquafit ³ 8:10-8:55 am | Aquafit ³ 8:10-8:55 am | Synchro 7:00-10:00 am | |
| Aquafit ³ 9:00-9:45 am | School swim lessons 9:00-12:15 | Aquafit ³ 9:00-9:45 am | School swim lessons 9:00-12:15 | Aquafit ³ 9:00-9:45 am | Swim Lessons 8:30-1:30 pm | |
| School swim lessons 9:45-11:15 | Deep Water Aquafit ⁴ 12:20-1:05 pm | School swim lessons 9:45-11:15 | Deep Water Aquafit ⁴ 12:20-1:05 pm | Swim lessons 10:00-11:00 am | | |
| Lane/Open Swim (2 lanes) 11:15-1:00 pm | Lane Swim (2 lanes) 12:15-1:30 pm Aquafit ¹ 12:20-12:50 pm | Lane/Open Swim (2 lanes) 11:15-1:00 pm | Lane Swim (2 lanes) 12:15-1:30 pm Aquafit ¹ 12:20-12:50 pm | Lane/Open Swim (2 lanes) 11:00-1:00 pm | Lane Swim (3 lanes) 12:00-1:00 pm | Lane Swim (3 lanes) 12:00-1:00 pm |
| Rental Space available 1:00-2:30 pm | | Deep Water Aquafit 1:00-1:45 pm | | Rental Space Available 1:00-2:30 pm | Open Swim (Theme swim) 1:00-3:00 pm | Open Swim (Theme swim) 1:00-3:00 pm |
| Loonie/Toonie Swim 2:30-3:30 pm | | | | Open Swim 2:30-4:00 pm | | |
| Swim Lessons 3:00-6:30 pm | Swim Lessons/ Synchro 3:00-5:30 pm | Swim Lessons 3:00-5:30 pm | Swim Lessons/ Synchro 3:00-5:30 pm | Synchro/ lifesaving 3:30-6:00 pm | Lifesaving 2:00-5:00 | Swim Lessons 2:00-5:30 pm |
| Adult lessons 5:45-6:30 pm | | | | | Rental space available 5:00-6:00 pm | |
| Deep Water Aquafit ⁴ 5:45-6:30 pm | Spartans Swim Club 5:00-6:30 pm | Special Olympics 5:30-6:30 pm | Spartans Swim Club 5:00-6:30 pm | | *Theme Swims Sat. & Sun. Games & Activities during open swims. Each Month will be a different theme | |
| Open Swim 6:30-8:00 pm | Stingrays swim club 6:30-7:30 pm | Water Running Aquafit ⁴ 6:35-7:20 pm | Stingrays swim club 6:30-7:30 pm | Freak-out-Friday 6:00-8:00 pm 6-12 years | | |
| | Open Swim 6:30-8:00 pm | | Open Swim 6:30-8:00 pm | | | |
| Lane Swim (3 lanes) 8:00-9:00 pm | Lane Swim (2 lanes) 8:00-9:00 pm | Lane Swim (3 lanes) 8:00-9:00 pm | Lane Swim (2 lanes) 8:00-9:00 pm | | | |
| | Rental Space Available 8:00-9:00 pm | | Rental Space Available 8:00-9:00 pm | | | |

Swim lessons

Mondays & Wednesdays 2X week
#1 Jan. 4 – Feb. 24

Tuesdays & Thursdays 2X week
#1 Jan 5- 28
#2 Feb. 2-25
#3 Mar 1 - 24

Saturdays 1X week
#1 Jan 9 - Feb. 27

Sundays 1X week
#1 Jan 10 - Feb. 28

Registration for Winter Swim Lessons begins December 1 2009