

Pool Schedule April 28- June 29, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:15-7:45 am	Aquafit ³ 6:45-7:30 am	Lane Swim 6:15-7:45 am	Aquafit ³ 6:45-7:30 am	Lane Swim 6:15-7:45 am		
Aquafit ⁴ 8:00-8:45 am	School Swim Lessons 9:00-10:00 am	Aquafit ⁴ 8:00-8:45 am	School Swim Lessons 9:00-10:00 am	Aquafit ⁴ 8:00-8:45 am		
Open Swim 8:45-10:00 am		Open Swim 8:45-10:00 am		Open Swim 8:45-10:00 am	Aquafit ³ 9:00-9:45 am	
Aquafit ³ 10:00-10:45 am <i>(low impact)</i>	Open Swim 10:00-10:30 am	Aquafit ³ 10:00-10:45 am <i>(low impact)</i>	Open Swim 10:00-10:30 am	Aquafit ^{2/3} 10:00-10:45 am <i>(low impact)</i>	Swim Lessons <i>Once/week</i> 9:30-12:00 pm	
School Lessons 11:00-12:00pm	Aquafit ¹ 10:30-11:00 am	School Lessons 11:00-12:00 pm	Aquafit ¹ 10:30-11:00 am	School Lessons 11:00-12:00 pm		
	Aquafit ² 11:15-12:00 pm		Aquafit ² 11:15-12:00 pm			Aquafit ³ 11:00-11:45
Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm	Lane Swim 12:00-1:00 pm
Aquafit ³ 1:00-1:45 pm	Move to Improve ² 1:00-2:00 pm	Aquafit ³ 1:00-1:45 pm	Move to Improve ² 1:00-2:00 pm	Aquafit ³ 1:00-1:45 pm	Open Swim 1:00-3:00 pm	Open Swim 1:00-3:00 pm
Aquafit ¹ 2:00-2:30 pm	Adult Swim 2:00-2:45 pm	Aquafit ¹ 2:00-2:30 pm	Adult Swim 2:00-2:45 pm	Aquafit ¹ 2:00-2:30 pm		Levels 1 = mild 2 = moderate (low impact) 3 = moderate/ intense (low/high impact) 4 = Intense
Swim Lessons 2:45-3:30 pm	Swim Lessons <i>Twice/week</i> 3:00-5:30 pm	Swim Lessons 2:45-3:30 pm	Swim Lessons <i>Twice/week</i> 3:00-5:30 pm	Swim Lessons <i>Once/week</i> 3:00-6:00 pm		
Open swim 3:30-5:00 pm		Open Swim 3:30-5:00 pm				
Rental/ Swim lessons 5:00-6:00	Adult/Teen Swim Lessons 5:30-6:15 pm	Rental/ Swim lessons 5:00-6:00	Adult/Teen Swim Lessons 5:30-6:15 pm			
Open/Lane Swim 6:15-7:15 pm	Aquafit ⁴ 6:30-7:15 pm	Open/Lane Swim 6:15-7:15 pm	Aquafit ⁴ 6:30-7:15 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years		
Aquafit ³ 7:30-8:15 pm	Open/Lane Swim 7:15-8:15 pm	Aquafit ³ 7:30-8:15 pm	Open/Lane Swim 7:15-8:15 pm			

Swim Lessons

Tuesdays & Thursdays 2X week for 4 weeks

#5 April 29- May 22

#6 May 27- June 19

Fridays 1X week for 8 weeks

#3 May 2-June 20

Saturdays 1X week for 8 weeks

#3 May 3- June 21

Hot Tub Hours

Sundays	10:45 am- 3:15 pm
Mondays	6:15 am- 8:30 pm
Tuesdays	6:30 am-8:30 pm
Wednesdays	6:15 am- 8:30pm
Thursdays	6:30 am-8:30 pm
Fridays	6:15am- 7:45 pm
Saturday s	8:45am- 3:15 pm