

## 25 Yard Pool Schedule: October 28<sup>th</sup> – December 15<sup>th</sup>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25 Yard Pool is kept at 82 degrees.</p> <p>Therapy Pool is kept at 92 degrees.</p>	<p>8:00-9:00AM (4) Swim Fit <b>(Adam)</b> (2) Lap Swim</p>	<p>5:30-9:45AM (6) Lap Swim</p>	<p>5:30-10:00AM (6) Lap Swim</p>	<p>5:30-9:45AM (6) Lap Swim</p>	<p>5:30-10:00AM (6) Lap Swim</p>	<p>5:30-9:45AM (6) Lap Swim</p> <hr/> <p>9:00-9:45AM (3) Swim Lessons (3) Lap Swim</p>	<p>8:00-11:00AM (6) Lap Swim</p>
<p>The shallow part of the 25 Yard Pool is 3 1/2 ft. deep &amp; deepest part is 10 ft. deep.</p>	<p>9:00-10:00AM (6) Lap Swim</p>	<p>9:45-10:30AM (4) Water Aerobics <b>(Marsha)</b> (2) Lap Swim</p>	<p>10:00-10:45AM (4) Swim Fit <b>(Adam)</b> (2) Lap Swim</p>	<p>9:45-10:30AM (4) Water Aerobics <b>(Marsha)</b> (2) Lap Swim</p>	<p>10:00-10:45AM (2) Family Swim (4) Lap Swim</p>	<p>9:45-10:30AM (4) Water Aerobics <b>(Marsha)</b> (2) Lap Swim</p>	<p>11:00-12:00PM (6) Swim Lessons (0) Lap Swim</p>
<p>Therapy Pool is 4ft 7in deep all around.</p>	<p>10:00AM-3:00PM (2) Family swim (4) Lap Lanes Open</p>	<p>10:30-4:00PM (6) Lap Swim</p> <hr/> <p>4:00-5:00PM (6) Swim Lessons (0) Lap Swim</p>	<p>10:45-4:00PM (6) Lap Swim</p>	<p>10:30-4:00PM (6) Lap Swim</p> <hr/> <p>4:00-5:00PM (6) Swim Lessons (0) Lap Swim</p>	<p>10:45-4:00PM (6) Lap Swim</p>	<p>10:30-4:00PM (6) Lap Swim</p>	<p>12:00-3:00PM (2) Family swim (4) Lap Lanes Open</p>
<p>Please rinse off before entering the pool.</p>	<p><b>THIS SCHEDULE IS SUBJECT TO CHANGE</b></p>	<p>5:00-6:00PM (2) Family Swim (4) Lap Lanes Open</p>	<p>4:00-8:30PM (2) Family Swim (4) Lap Swim</p>	<p>5:00-6:00PM (2) Family Swim (4) Lap Lanes Open</p>	<p>4:00-8:30PM (2) Family Swim (4) Lap Swim</p>	<p>4:00-8:30PM (2) Family Swim (4) Lap Swim</p>	
<p>Lap swimmers are encouraged to check with the lifeguard before beginning their workout. When demands exceed normal capacity swimmers may be asked to circle swim.</p>		<p>6:00-7:30PM (6) Swim Lessons (0) Lap Swim</p>		<p>6:00-7:30PM (6) Swim Lessons (0) Lap Swim</p>			
		<p>7:30-8:30PM (2) Family Swim (4) Lap Lanes Open</p>		<p>7:30-8:30PM (2) Family Swim (4) Lap Lanes Open</p>			

# Therapy Pool Schedule: October 28<sup>th</sup> – December 15<sup>th</sup>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-12:00PM Family Swim	5:30-6:15AM Adult Swim	5:30-9:30AM Adult Swim	5:30-6:15AM Adult Swim	5:30-9:30AM Adult Swim	5:30-6:15AM Adult Swim	8:00-8:30AM Adult Swim
	6:15-7:00AM Water Aerobics (Cathy)		6:15-7:00AM Water Aerobics (Lynn)		6:15-7:00AM Water Aerobics (Cathy)	8:30-9:00AM Aerobic Stretches- Full Body (Lesa)
	7:00-7:30AM Adult Swim		7:00-7:30AM Adult Swim		7:00-7:30AM Adult Swim	9:00-10:00AM Water Aerobics (Lesa)
	7:30-8:15AM Water Aerobics (Gayle)	9:30-10:00M Family Swim	7:30-8:15AM Water Aerobics (Ronda)	9:30-10:00AM Family Swim	7:30-8:15AM Water Aerobics (Ronda)	10:00-11:00AM Swim Lessons
	8:15-9:00AM Adult Swim	10:00-11:00AM Swim Lessons	8:15-9:00AM Adult Swim	10:00-11:00AM Swim Lessons	8:15-9:00AM Adult Swim	11:00-12:00PM Family Swim
12:00-2:00PM Adult Swim	9:00-9:45AM Twinges and Hinges (Marsha)	11:00-11:45AM Twinges and Hinges (Lifeguard)	9:00-9:45AM Twinges and Hinges (Marsha)	11:00-11:45AM Twinges and Hinges (Lifeguard)	9:00-9:45AM Twinges and Hinges (Marsha)	12:00-2:00PM Adult Swim
	9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim	11:45-2:00PM Adult Swim	9:45-11:00AM Family Swim	
		2:00-3:30PM Family swim		2:00-3:30PM Family swim		
2:00-3:00PM Family Swim	11:00-11:45AM Twinges and Hinges (Lifeguard)	3:30-4:00PM Adult Swim	11:00-11:45AM Twinges and Hinges (Lifeguard)	3:30-4:00PM Adult Swim	11:00-11:45AM Twinges and Hinges (Lifeguard)	2:00-3:00PM Family Swim
	11:45-2:00PM Adult Swim	4:00-5:00PM Water Aerobics (Marigene)	11:45-2:00PM Adult Swim	4:00-5:00PM Water Aerobics (Marigene)	11:45-2:00PM Adult Swim	
<b>THIS SCHEDULE IS SUBJECT TO CHANGE</b>	2:00-4:45PM Family swim	5:00-6:00PM Family Swim	2:00-4:45PM Family swim	5:00-6:00PM Family Swim	2:00-8:30PM Family swim	
	4:45-5:30PM Swim Lessons	6:00-7:00PM Water Aerobics (Barb)	4:45-5:30PM Swim Lessons	6:00-7:00PM Water Aerobics (Lesa)		
	5:30-6:30PM Water Aerobics (Ronda)	7:00-7:45PM Pre-Natal Class (Deb)	5:30-6:30PM Water Aerobics (Cathy)	7:00-7:45PM Pre-Natal Class (Deb)		
	6:30-7:30PM Swim Lessons	7:45-8:30PM Family swim	6:30-7:30PM Swim Lessons	7:45-8:30PM Family swim		
	7:30-8:30PM Family swim		7:30-8:30PM Family swim			