

# Lap Pool Schedule

Winter/Spring 2012

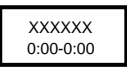
January 3 - June 3, 2012


TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	TIME
5:45	Swim Fit 5:45-7:45 Members 5:45-8:15	Masters Swm 6:00-7:15 4 Ins	Swim Fit 5:45-7:45 Members 5:45-8:15	Masters Swm 6:00-7:15 4 Ins	Masters Swm 6:00-7:15 4 Ins	<b>CLOSED</b>	<b>CLOSED</b>	5:45
6:30								
7:00								7:00
7:30					Members 7:20-8:15			7:30
8:00		Members 7:20-10:00		Members 7:20-10:00		Members 8:00-2:15	<b>CLOSED</b>	8:00
8:30	Aqua Aer 8:20-9:20		Aqua Aer 8:20-9:20		Aqua Aer 8:20-9:20			8:30
9:00								9:00
9:30	Swim Fit 9:30-11:30		Swim Fit 9:30-11:30		Swim Fit 9:30-10:30			9:30
10:00		Aqua Aer 10:05-11:05		Aqua Aer 10:05-11:05				10:00
10:30								10:30
11:00		Deep H2O 11:10-11:55		Deep H2O 11:10-11:55	MSCR Classes 10:45-12:35			11:00
11:30		Masters Swlm 12:00-12:45 4 Ins		Swim 101 12:00-12:45				11:30
12:00	Members 9:30-6:25	Members 12:50-2:40	Members 11:30-4:15	Members 12:50-2:40	Members 12:40-7:45	Members 8:00-2:15	Members 11:00-4:45	12:00
12:30		Swim Fit 1:45-2:40		Swim Fit 1:45-2:40				12:30
1:00								1:00
1:30								1:30
2:00								2:00
2:30	Swim Fit 2:30-4:30	MSCR Deep 2:45-3:30	Swim Fit 2:30-4:15	MSCR Deep 2:45-3:30	Swim Fit 2:30-4:30	Clsd 2:15-2:30	Swim Fit 2:30-4:30	2:30
3:00		MSCR Aq Aer 3:30-4:30		MSCR Aq Aer 3:35-4:20				3:00
3:30								3:30
4:00			Pediatric Fit 4:15-5:00					4:00
4:30		Members 4:35-5:25		Members 4:25-5:25				4:30
5:00	Members 9:30-6:25	Aqua Aer 5:30-6:30 4 Ins	Members 5:00-6:25	Aqua Aer 5:30-6:30 4 Ins	Members 12:40-7:45	Sat/Sun: close at 4:45		5:00
5:30								5:30
6:00						<b>CLOSED</b>	<b>CLOSED</b>	6:00
6:30	Aqua Aer 6:30-7:30	Masters Swm 6:40-7:55 4 Ins	Aqua Zumba 6:30-7:15	Masters Swm 6:40-7:55 4 Ins	Members 12:40-7:45			6:30
7:00								7:00
7:30			Deep H2O 7:20-8:05					7:30
8:00	Members 7:35-9:45	Mem 8:00-9:45		Mem 8:00-9:45	Fri: close at 7:45			8:00
8:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	8:30
9:00								9:00
9:30								9:30

Mon - Thurs: close at 9:45

12/28/11

**NOTE:** Aquatic Center always closes 15 minutes prior to the building closing. Please plan your schedule to allow adequate time to shower, change clothes, and exit the building by stated closing time.

 = Scheduled class time. A minimum of one lane will be available for independent (lap swimming, water walking, deep water running, etc.) use at these times. Please plan your schedule accordingly.

 = Member, Swim Fit, and PT Priority times. These times are blocked off specifically for participants performing independent pool exercise.

Pool schedules are subject to minor changes. Please see postings for special events (make up classes, etc.).