

Lap Pool Schedule

Fall 2009

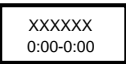
September 8 - December 20, 2009


TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	TIME
5:45	Swim Fit 5:45-7:45 Members 5:45-8:20	Masters Swm 6:00-7:15 4 Ins	Swim Fit 5:45-7:45 Members 5:45-8:20	Masters Swm 6:00-7:15 4 Ins	Masters Swm 6:00-7:00 4 Ins	CLOSED	CLOSED	5:45
6:30								
7:00	Sr. Aqua Aer 8:20-9:20	Members 7:15-10:00	Sr. Aqua Aer 8:20-9:20	Members 7:15-10:00	Sr. Aqua Aer 8:20-9:20	Members 8:00-2:15	CLOSED	7:00
7:30								
8:00	Swim Fit 9:30-11:30	Sr. Aqua Aer 10:05-11:05	Swim Fit 9:30-11:30	Sr. Aqua Aer 10:05-11:05	Swim Fit 9:30-10:30	Members 8:00-2:15	CLOSED	8:00
8:30								
9:00	Members 9:30-6:30	Deep H2O 11:10-11:55	Members 11:30-4:15	Deep H2O 11:10-11:55	MSCR Classes 10:45-12:35	Members 8:00-2:15	CLOSED	9:00
9:30								
10:00	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	Members 2:30-4:45	CLOSED	10:00
10:30								
11:00	Members 9:30-6:30	MSCR Aq Aer 3:30-4:30	Pediatric Fit 4:15-5:00	MSCR Aq Aer 3:35-4:20	Swim Fit 2:30-4:30	Members 2:30-4:45	CLOSED	11:00
11:30								
12:00	Members 9:30-6:30	Members 4:30-5:30	Members 5:00-9:45	Members 4:20-5:30	Members 1:30-7:45	Members 2:30-4:45	CLOSED	12:00
12:30								
1:00	Swim Fit 1:45-2:45	Aqua Aer 5:30-6:30 4 Ins	Members 5:00-9:45	Aqua Aer 5:30-6:30 4 Ins	Members 1:30-7:45	Members 2:30-4:45	CLOSED	1:00
1:30								
2:00	Swim Fit 2:30-4:30	Masters Swm 6:40-7:55 4 Ins	Deep H2O 6:30-7:15	Masters Swm 6:40-7:55 4 Ins	FAMILY SWIM 6:00-7:30	Members 2:30-4:45	CLOSED	2:00
2:30								
2:30	Members 9:30-6:30	Mem 8:00-9:45	Swim Fit 8:30-9:30	Mem 8:00-9:45	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	2:30
3:00								
3:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	3:30
4:00								
4:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	4:30
5:00								
5:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	5:30
6:00								
6:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	6:30
7:00								
7:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	7:30
8:00								
8:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	8:30
9:00								
9:30	Members 9:30-6:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Swim Fit 8:30-9:30	Members 2:30-4:45	CLOSED	9:30

Mon - Thurs: close at 9:45

Sat/Sun: close at 4:45

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.).