

# Warm Water Pool Schedule

Fall 2009

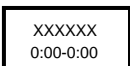
September 8 - December 20, 2009


TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	TIME
5:45	Going Solo 5:45-6:45	Members 5:45-7:55	Going Solo 5:45-6:45	Members 5:45-7:55	Going Solo 5:45-6:45	<b>CLOSED</b>	<b>CLOSED</b>	5:45
6:30								6:30
7:00	Members 5:45-9:25		Members 5:45-9:25		Members 5:45-9:25			7:00
7:30								7:30
8:00	Going Solo 8:00-9:25	MSCR 8:00-8:55	Going Solo 8:00-9:25	MSCR 8:00-8:55	Going Solo 8:00-9:25			8:00
8:30						MSCR 8:15-9:15		8:30
9:00		Aqua Str & Flx 9:00-10:00		Aqua Str & Flx 9:00-10:00			<b>CLOSED</b>	9:00
9:30	Oakwood 9:30-10:30		Oakwood 9:30-10:30		Oakwood 9:30-10:30	Aqua Str & Flx 9:20-10:20		9:30
10:00		Going Solo 10:00-11:00		Going Solo 10:00-11:00				10:00
10:30	Arthritis Plus 10:30-11:30	Prev Card & PT Priority 10:00-12:00	Arthritis Plus 10:30-11:30	Prev Card & PT Priority 10:00-12:00	PT Priority 10:30-2:55	Members 10:30-2:15		10:30
11:00					Members 10:30-2:55	Going Solo 11:30-12:30		11:00
11:30	PT Priority 11:35-2:55	Aqua Balance 12:00-12:55	PT Priority 11:35-2:55	Aqua Balance 12:00-12:55			Members 11:00-4:45	11:30
12:00	Members 11:35-2:55		Members 11:35-2:55		PT Priority 10:30-2:55			12:00
12:30		Arthritis Plus 1:00-2:00		Arthritis Plus 1:00-2:00				12:30
1:00					Members 10:30-2:55			1:00
1:30		MSCR Class 2:00-3:00		MSCR Class 2:00-3:00				1:30
2:00	Going Solo 2:00-3:00		Going Solo 2:00-3:00					2:00
2:30					Members 10:30-2:55	Clsd 2:15-2:30	Going Solo 2:00-3:00	2:30
3:00						Members 2:30-4:45	Members 11:00-4:45	3:00
3:30	MSCR classes 3:00-5:00	PT Priority 3:00-4:30	MSCR classes 3:00-5:00	PT Priority 3:00-4:30	MSCR Class 3:00-4:00			3:30
4:00		Members 3:00-6:30		Members 3:00-7:20				4:00
4:30					Members 4:00-7:45			4:30
5:00	Mem 5:00-5:25		Mem 5:00-5:25			Sat/Sun: close at 4:45 pm		5:00
5:30	Aq Str & Flx 5:25-6:25	Going Solo 5:30-6:30	Aq Str & Flx 5:25-6:25	Going Solo 5:30-6:30				5:30
6:00						<b>CLOSED</b>	<b>CLOSED</b>	6:00
6:30		Ai Chi 6:35-7:20		Aqua Yoga 6:35-7:20	<b>FAMILY SWIM 6:00-7:30</b>			6:30
7:00	Members 6:30-9:45		Members 6:30-9:45					7:00
7:30		Aqua Core 7:25-8:25		Aqua Core 7:25-8:25				7:30
8:00					Fri: close at 7:45 pm			8:00
8:30	Going Solo 8:30-9:30	Going Solo 8:30-9:30	Going Solo 8:30-9:30	Going Solo 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 pm

08/26/09

**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. Only registered class participants allowed in warm water pool. Please plan your schedule accordingly.

 = Member, Going Solo, 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.).