

POOL SCHEDULE

<u>DAYS</u>	<u>HOURS</u>
MONDAY	6:00A – 2:00P <i>(LAP SWIM ONLY)</i> 2:00P - 4:30P <i>(CLOSED FOR CLEANING)</i> 4:30 – 6:30 <i>(SWIM TEAM ONLY)</i>
TUESDAY	6:00A – 2:00P <i>(LAP SWIM ONLY)</i> 4:30 – 6:30 <i>(SWIM TEAM ONLY)</i> 6:30p-8:00p <i>(LAP SWIM ONLY)</i>
WEDNESDAY	6:00A – 2:00P <i>(LAP SWIM ONLY)</i> 4:30 – 6:30 <i>(SWIM TEAM ONLY)</i>
THURSDAY	6:00A – 2:00P <i>(LAP SWIM ONLY)</i> 2:00P - 4:30P <i>(CLOSED FOR CLEANING)</i> 4:30 – 6:30 <i>(SWIM TEAM ONLY)</i> 6:30p-8:00p <i>(LAP SWIM ONLY)</i>
FRIDAY	6:00A – 2:00P <i>(LAP SWIM ONLY)</i> 4:30 – 6:30 <i>(SWIM TEAM ONLY)</i>
SATURDAY	<i>CLOSED</i>
SUNDAY	12:00P – 4:00P

- **LAP SWIM:** OPEN LANES FOR LAP SWIMMING ONLY
- **THERAPY POOL:** MUST BE SCHEDULED AROUND CLASS TIMES AND IS FOR THERAPY USE ONLY
- **OPEN SWIM:** AREA OPEN TO GROUP SWIMMERS

CLASS SCHEDULE

THERAPY POOL

TIMES:	<u>INSTRUCTOR</u>	<u>9:00A</u>	<u>INSTRUCTOR</u>	<u>10:00A</u>	<u>INSTRUCTOR</u>	<u>11:00A</u>	<u>INSTRUCTOR</u>	<u>4:30P</u>
MONDAY	<u>LORI</u>	AQUA THERAPY						
TUESDAY	<u>SHARON</u>	AQUA THERAPY (MENS)	<u>SHARON</u>	AQUA THERAP Y (WOMEN)	<u>SHARON</u>	AQUA THERAPY	<u>JANET</u>	AQUA THERAPY
WENDSDAY	<u>LORI</u>	AQUA THERAPY						
THURSDAY	<u>SHARON</u>	AQUA THERAPY (MENS)	<u>SHARON</u>	AQUA THERAP Y (WOMEN)	<u>SHARON</u>	AQUA THERAPY	<u>JANET</u>	AQUA THERAPY

MAIN POOL

TIMES:	<u>INSTRUCTOR</u>	<u>8:00A</u>	<u>INSTRUCTOR</u>	<u>11:15A</u>
MOND	<u>LORI</u>	AQUA- AEROBICS		
TUES	<u>KAREN</u>	DANCING AQUATICS <u>Cancelled</u>	<u>JANET</u>	AQUA FIT
WEDN	<u>LORI</u>	AQUA- AEROBICS		
THURS	<u>KAREN</u>	DANCING AQUATICS <u>Cancelled</u>	<u>JANET</u>	AQUA FIT
FRID	<u>LORI</u>	AQUA- AEROBICS		

DRY LAND

TIMES:	<u>INSTRUCTOR</u>	<u>8:00A</u>	<u>INSTRUCTOR</u>	<u>10:00A</u>	<u>INSTRUCTOR</u>	<u>4:30P</u>	<u>INSTRUCTOR</u>	<u>5:30P</u>
MONDAY	<u>NANCY</u>	WHATEVER IT TAKES						
TUESDAY			<u>DAVID</u>	PILATES	<u>MARCIE</u>	WORK TO PROGRESS	<u>KATIE</u>	YOGA
WEDNESDAY	<u>NANCY</u>	WHATEVER IT TAKES						
THURSDAY			<u>DAVID</u>	PILATES	<u>MARCIE</u>	WORK TO PROGRESS	<u>KATIE</u>	YOGA
FRIDAY	<u>NANCY</u>	KICKBOXING						