

November 2009

Water aerobics - Water aerobics will be free to current members until further notice, non members may still purchase punch cards for regular prices. If you are attending water aerobics you must scan in, sign in, and receive a water aerobics pass. Some water aerobics classes are very large. If there are more than 21 participants, the class will need to access the entire shallow end of the pool. Lap swimmers may swim across the deep end if they so desire during this time. If this is not convenient please plan your swimming around this class time.

OPEN POOL TIME - *During Open Pool, up to four (4) lanes can be removed for self-paced individual water exercise and recreational swim for all ages at the discretion of the lifeguard. Children ages 8 and under need to be accompanied by an adult at all times. In addition, when a scheduled program is not taking place the first lane closest to the ramp may be available as a water exercise lane.* Proper swim attire must be worn at all times while in pool area.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12-3pm Open Rec Swim	2 5:30-630 H2O Boot Camp 8:30-9-30 Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	3 9-10am-Aquacize Lite 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm Deep Aerobics	4 5:30-6:30 H2O Boot Camp 8:30-9:30am Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	5 9-10am-Aquacize Lite 10:30-11:30am Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm-Deep Aerobics 7-8pm-Shallow Aerobics	6 5:30-6:30 H2O Boot Camp 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 7-8:30pm-Open Rec Swim	7 12-3pm-Open Rec Swim 1pm Shallow Water Aerobics
8 12-3pm Open Rec Swim	9 5:30-630 H2O Boot Camp 8:30-9-30 Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	10 9-10am-Aquacize Lite 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm Deep Aerobics	11 Holiday Hours 10am– 6pm 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	12 5:30-6:30 Boot Camp H2O 9-10am-Aquacize Lite 10:30-11:30am Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm-Deep Aerobics 7-8pm-Shallow Aerobics	13 5:30-6:30 H2O Boot Camp 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 7-8:30pm-Open Rec Swim	14 12-3pm-Open Rec Swim 1pm Shallow Water Aerobics
15 12-3pm Open Rec Swim	16 5:30-630 H2O Boot Camp 8:30-9-30 Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	17 9-10am-Aquacize Lite 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm Deep Aerobics	18 5:30-6:30 H2O Boot Camp 8:30-9:30am Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	19 5:30-6:30 Boot Camp H2O 9-10am-Aquacize Lite 10:30-11:30am Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm-Deep Aerobics 7-8pm-Shallow Aerobics	20 5:30-6:30 H2O Boot Camp 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 7-8:30pm-Open Rec Swim	21 12-3pm-Open Rec Swim 1pm Shallow Water Aerobics
22 12-3pm Open Rec Swim	23 5:30-630 H2O Boot Camp 8:30-9-30 Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	24 9-10am-Aquacize Lite 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim 6-7pm Deep Aerobics	25 5:30-6:30 H2O Boot Camp 8:30-9:30am Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim	26 CMRC Closed	27 CMRC Closed	28 12-3pm-Open Rec Swim 1pm Shallow Water Aerobics
29 12-3pm Open Rec Swim	30 5:30-630 H2O Boot Camp 8:30-9-30 Deep Aerobics 9:30-10:30am-Aqua Cond 10:30-11:30am-Open Rec Swim 2:30-4pm-Open Rec Swim					