

January 2010

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 19 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 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	3 7-3pm pm Open swim 3:10-6:50 Lap Swim
3 10am-12:50 Lap Swim 1-2:50 Open Water 3pm-5:45pm Lap Swim	4 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	5 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	6 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	7 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	8 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	9 7-3pm pm Open swim 3:10-6:50 Lap Swim
10 10am-12:50 Lap Swim 1-2:50 Open Water 3pm-5:45pm Lap Swim	11 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-11:50 Open Water 12-3 Kindercamp 3:15-5:55 Open Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	12 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	13 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	14 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	15 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	16 7-3pm pm Open swim 3:10-6:50 Lap Swim
17 10am-12:50 Lap Swim 1-2:50 Open Water 3pm-5:45pm Lap Swim	18 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	19 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	20 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	21 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	22 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	23 7-3pm pm Open swim 3:10-6:50 Lap Swim
24/31 10am-12:50 Lap Swim 1-2:50 Open Water 3pm-5:45pm Lap Swim	25 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	26 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	27 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	28 5:30-6:15 Boot Camp Aerobics 6:30am-5:50pm Lap Swim 6-6:50pm Deep Water 7-9:45pm Lap Swim	29 5:30-8:20 Lap Swim 8:30-9:20 Deep Water Aerobics 9:30-10:20 Aqua Conditioning 10:30-10:50 Adaptive Aerobics 11:00-12:00 Open Water 1-5:50pm Lap Swim 6-6:50pm Shallow Water 7-9:45 Lap Swim	30 7-3pm pm Open swim 3:10-6:50 Lap Swim