



Competition Pool Schedule June 28- September 4, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim						
6-8:30 am	6-7:30am(3L)	6-8:30 am	6-7:30am(3L)	6-8:30 am	8-9am	
8:30-10:45am(3L)	9am-11:15am(4L)	8:30-10:45am(3L)	9am-11:15am(3L)	8:30-10:45am(3L)	9am-10:15(3L)	10am-11:45am(3L)
10:45am-2pm	11:15am-2pm	10:45am-2pm	11:15am-2pm	10:45am-2pm	10:15-12:30(4L)	
2-5:45pm(3L)	2-5:15pm(3L)	2-5:45pm(3L)	2-5:15pm(3L)	2-5:15pm(3L)	12-30-2pm	11:45am-1pm
5:45-7:45pm(4L)	5:15-7:15pm(4L)	5:45-7:45pm(4L)	5:15-7:15pm(4L)	5:15-7:45pm(3L)	2-6pm(3L)	1-5:30pm(3L)
7:45-8:30pm	7:15-8:30pm	7:45-8:30pm	7:15-8:30pm	7:45-8:30pm	6-7:30pm	
Aqua Fitness/Masters Swim						
	Masters Swim		Master Swim			
Water Aerobics	6:30-7:30am(3L)	Water Aerobics	6:30-7:30am(3L)	Water Aerobics		
8:30-9:30am (3L)	Deep Water Inter	8:30-9:30am (3L)	Deep Water Inter	8:30-9:30am (3L)		
10:00-10:45am(3L)	10:00-10:45am(3L)	10:00-10:45am(3L)	10:00-10:45am(3L)	10:00-10:45am(3L)		
Swim Lessons***						
	9-11:15am(2L)		9-11:15am(2L)		9am-10:15(3L)	10:15-11:45am(3L)
5-5:45pm(3L)	4:30-5:15pm(3L)	5-5:45pm(3L)	4:30-5:15pm(3L)	4:30-5:15(3L)	10:15-12:30(2L)	
Recreation Swim						
2-5pm(3L)	2-4:30pm(3L)	2-5pm(3L)	2-4:30pm(3L)	2-4:30pm(3L)	2-6pm(3L)	1-5:30pm(3L)
				5:15-7:45pm(3L)		
Swim Team						
5:45-7:45pm(4L)	5:15-7:15pm(4L)	5:45-7:45pm(4L)	5:15-7:15pm(4L)			
Pool Parties						
				6:45-7:45pm	4-6pm	1-3pm
Recreation Pool Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons						
5-6:35pm	9-9:45am	5-6:35pm	9-9:45am		9am-11:30am	
	4:30-6:05pm		4:30-6:05pm	4:30-6:05pm		10:15-11:45am(3L)
Recreation Swim						
**10am-5pm	**10am-4:30pm	**10am-5pm	**10am-4:30pm	**10am-4:30pm	**11:30am-4pm	**11:45am-5:30pm
**6:45-8pm	**6:05-7:30pm	**6:45-8pm	**6:05-7:30pm	**6:05-6:45pm	**4-6pm	
Pool Parties						
				**6:45-7:45pm	**4-6pm	**1-3pm

**** Slide will run for 30 minutes and will break for 15 minutes. Safety Checks required every 30 minutes**