

# Pool schedule *Valid through February 19, 2012*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7 AM	4 Laps 1/4 Open	4 Laps 1/4 Open	4 Laps 1/4 Open	4 Laps 1/4 Open	4 Laps 1/4 Open		
7-8 AM	3 Laps Water Fitness	3 Laps Water Fitness	3 Laps Water Fitness	3 Laps 1/2 Open	3 Laps Water Fitness		
8-9 AM	2 Laps Water Fitness	3 Laps Water Fitness	2 Laps Water Fitness	3 Laps Water Fitness	2 Laps Water Fitness	3 Laps Water Fitness	3 Laps 1/2 Open
9-10 AM	Closed Water Fitness	2 Laps Water Fitness	Closed Water Fitness	2 Laps Water Fitness	Closed Water Fitness	2 Laps Swim Lessons	3 Laps 1/2 Open
10-11 AM	3 Laps Swim Lessons	3 Laps Swim Lessons	3 Laps Swim Lessons	3 Laps Swim Lessons	3 Laps Swim Lessons	1 Lap Swim Lessons	3 Laps 1/2 Open
11 AM-12 PM	Closed Water Fitness	Closed Water Fitness	Closed Water Fitness	Closed Water Fitness	Closed Water Fitness	1 Lap Swim Lessons	3 Laps 1/2 Open
12-1 PM	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open
1-2 PM	Closed Water Fitness	Closed	Closed Water Fitness	Closed	Closed Water Fitness	2 Laps 1/2 Open	2 Laps 1/2 Open
2-3 PM	3 Laps 1/2 Open	2 Laps 1/2 Open	3 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open
3-4 PM	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open
4-5 PM	1 Lap Swim Lessons	2 Laps 1/2 Open	1 Lap Swim Lessons	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open	2 Laps 1/2 Open
5-6 PM	Closed Swim Lessons	1 Lap Swim Lessons	1 Lap Swim Lessons	2 Laps 1/2 Open	2 Laps 1/2 Open		2 Laps 1/2 Open
6-6:30 PM	1 Lap Swim Lessons	1 Lap Swim Lessons	2 Laps Swim Lessons	2 Laps 1/2 Open	2 Laps 1/2 Open		2 Laps 1/2 Open
6:30-7 PM	2 Laps 1/2 Open	1 Lap Swim Lessons	2 Laps 1/2 Open	2 Laps 1/2 Open	Closes at 6:30 PM		2 Laps 1/2 Open
7-8 PM	2 Laps Water Fitness	2 Laps Water Fitness	2 Laps Water Fitness	2 Laps Water Fitness			
8-8:30 PM	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open			
8:30-9:30 PM	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open	3 Laps 1/2 Open			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM STRETCH-N-FLEX	7-7:45 AM STRETCH-N-FLEX	7-7:45 AM STRETCH-N-FLEX		7-7:45 AM STRETCH-N-FLEX	
8-8:45 AM TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM TONE-N-FLEX	8-9 AM AQUA ZUMBA
9-9:45 AM WATER CARDIO	9-9:45 AM WATER PILATES	9-9:45 AM WATER CARDIO	9-9:45 AM WATER PILATES	9-9:45 AM WATER CARDIO	
9:45-10 AM SUBMARINE		9:45-10 AM SUBMARINE		9:45-10 AM SUBMARINE	
11-11:45 AM WATER CARDIO	11-11:45 AM ARTHRITIS	11-11:45 AM WATER CARDIO	11-11:45 AM ARTHRITIS	11-11:45 AM WATER CARDIO	
11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	
1-1:45 PM ARTHRITIS		1-1:45 PM ARTHRITIS		1-1:45 PM ARTHRITIS	
7-8 PM WATER CARDIO	7-8 PM WATER CARDIO	7-8 PM WATER CARDIO	7-8 PM WATER CARDIO		