

Pool Schedule March 8-June 5, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-8am Adult Lap	5:30 – 8am Adult Lap	5:30-8am Adult Lap	5:30 – 8am Adult Lap	5:30-8am Adult Lap	7:30 – 9:15 am Adult Lap
8-8:45am Aquacise	8-8:45am Aqua Jog	8-8:45am Aquacise	8-8:45am Aqua Jog	8-8:45am Aquacise	9:30-11:45am SKIP/PERS Youth Programming
8:45-9:45am Layton		8:45-9:45am Layton		8:45-9:45am Layton	
9:45-10:30am Open Swim	8:45-9:30am Open Swim	9:45-10:30am Open Swim 1/2 Pool Adult Lessons		9:45-10:30am PERS Swim-n-Play	12:00-1:30 pm Open Swim
10:30-11:10am PERS G&S	9:30am-11am SKIP/PERS Programming	10:30-11:15am PERS Swim-n-Play	9am-Noon SKIP/PERS Programming	10:30-11:15am Child Care	5:30-7:30 pm Family Swim
11:15am – Noon Aqua Jog	11am-Noon PERS Programming	11:15am – Noon Aqua Jog		11:15am – Noon Aqua Jog	SUNDAY 12:30– 4:15 pm Family Swim
Noon – 1:30 pm Adult Lap	Noon –1:30pm Adult Lap	Noon – 1:30pm Adult Lap	Noon – 1:30 pm Adult Lap	Noon – 1:30 pm Adult Lap	<i>Schedule subject to change based on enrollment.</i>
1:30 – 2:15 pm Arthritis Water Exercise	1:30-2:15pm Silver Splash	1:30 – 2:15pm Arthritis Water Exercise	1:30-2:15 pm Silver Splash	1:30 – 2:15 pm Arthritis Water Exercise	Black—no lap lane Gray– one lap lane available
3-5pm Open Swim	2:30-3:15pm Child Care	3:15-4:20pm Swim Lessons	3-5pm Open Swim	2:30-3:15pm Child Care	Open Swim: Children under 6 years & all non- swimmers MUST be accompanied by an ADULT-lap lane available Adult Open/Lap Swim: For members 16 years and older Family Swim: All children not in High School must be accompanied by a parent. Deep Water Test: Must be able to swim one length of the pool, tread water and swim back without stopping.
	3:15-5pm Open Swim	4:20-5pm Open Swim	5:05-6:10pm PERS/SKIP Youth Lessons	3:15-5pm Open Swim	
5-6:15pm** Open Swim	5:05-6:10 pm PERS/Youth Lessons	5-6pm** Open Swim		5-6:15pm** Open Swim	
	6:15– 7pm Aquacise	6-7:40pm Youth/PERS Programming	6:15– 7pm Aquacise	6:15– 7pm Family Swim	
6:15-7:30pm Adult Programming	7-8:15pm** Open Swim	7:45-8:15 pm 1/2 pool Open Swim <u>NO LAP LANE</u>	7-8:15pm Open Swim**	7-8:15 pm Open Swim	
7:30-8:15pm Open Swim					
8:15-9 pm Adult Open	8:15-9pm Adult Open	8:15-9pm Adult Open	8:15-9pm Adult Open	8:15-9 pm Adult Open	

****2-3 lanes will be used for Swim Team until March 20th.**