

SPRING SWIM & FITNESS SCHEDULE

Mar 28th, 2011 – July 3rd, 2011

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim	6:30-9:00am	6:30-9:00am*	6:30-9:00am	6:30-9:00am*	6:30-9:00am		
Stretch & Tone		8:00-8:45am*		8:00-8:45am*			
Aquafit (Fitness)	9:00-9:50am	8:00-8:50pm	9:00-9:50am	8:00-8:50pm	9:00-9:50am		
WaterRunning (Fitness)			8:00-8:50pm				
Healthy Hearts	10:00-10:50am		10:00-10:50am		10:00-10:50am		
New Senior Lengths	11:00-11:30am		11:00-11:30am		11:00-11:30am		
Noon Hour Lengths	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	12:30-3:00pm*
Family Swim Toddler Pool Only	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm	12:30-2:00pm
Family Swim	3:00-4:00pm	7:00-8:00pm	3:00-4:00pm			1:00-2:00pm	2:00-3:00pm*
Children Lessons	4:00-6:30pm	10:00-11:30am 5:00-7:00pm	4:00-6:30pm	10:00-11:30am 5:00-7:00pm		10:00-11:30am	
Everyone Welcome Swim	6:30- 8:00pm		6:30- 8:00pm	7:00- 8:00pm	6:00-8:00pm	2:00-4:30pm	3:00-5:00pm 6:00-8:00pm*
Adult Only Lengths	9:00-10:00pm	9:00-10:00pm	9:00-10:00pm	9:00-10:00pm	8:00-9:00pm*		6:00-8:00pm *
Free Teen Swim					9:00-11:00pm		
Private Rentals	8:00-9:00pm*		8:00-9:00pm*			4:30-5:30pm	5:00-6:00pm
* Shared Pool							