



July 2010 Indoor Pool Schedule

		Open - 7:30am	8:00am	9:00am	9:30am	10:00am	10:30am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	4:30pm	5:00pm	5:30pm	6:30pm	7:30pm	8:00pm
MONDAY	Lane 1	Shallow Water Aer. (6-7am Renee)	Swim Lessons	Haynesworth	Swim Lessons	Y Camp (Starts at 12:15pm)	Open Swim (2pm - 4:30pm)	Swim Lessons	Open Swim 5-5:30pm	Parent Tot Classes	Open Swim (6:30pm-8:45pm)								
	Lane 2		Water Aerobics																
	Lane 3	Family Swim	Water Aerobics																
	Lane 4																		
	Lane 5	Lap Swim (Open- 9:00am)	Water Aerobics (Fran)	Lap Swim (3-5:30pm)								Water Aerobics (Kathy)	Lap Swim (6:30pm-8:45pm)						
Lane 5	Lap Swim (Open- 9:00am)																		
Tuesday	Lane 1	Deep Water Aer. (6-7am Renee)	Swim Lessons	Haynesworth	Swim Lessons	Y Camp (Starts at 12:15pm)	Open Swim (2pm - 4:30pm)	Swim Lessons	Open Swim (5:00pm-8:45pm)										
	Lane 2		Water Aerobics																
	Lane 3	Family Swim	Deep Water Aerobics																
	Lane 4																		
	Lane 5	Lap Swim (Open- 9:00am)	Circle of Hope	Lap Swim (3-5:30pm)						Water Aerobics (Kathy)	Lap Swim (6:30pm-8:45pm)								
Lane 5	Lap Swim (Open- 9:00am)																		
Wednesday	Lane 1	Shallow Water Aer. (6-7am Renee)	Swim Lessons	Haynesworth	Swim Lessons	Y Camp (Starts at 12:15pm)	ABC Tutor	Open Swim (3pm - 4:30pm)	Swim Lessons	Open Swim (5:00pm-8:45pm)									
	Lane 2		Water Aerobics																
	Lane 3	Family Swim	Water Aerobics																
	Lane 4																		
	Lane 5	Lap Swim (Open- 9:00am)	Water Aerobics (Fran)	Lap Swim (3pm-8:45pm)															
Lane 5	Lap Swim (Open- 9:00am)																		
Thursday	Lane 1	Deep Water Aer. (6-7am Renee)	Swim Lessons	Lap Swim	Swim Lessons	Y Camp (Starts at 12:15pm)	Haynesworth	Swim Lessons	Open Swim (5:00pm-8:45pm)										
	Lane 2		Water Aerobics																
	Lane 3	Family Swim	Deep Water Aerobics																
	Lane 4																		
	Lane 5	Lap Swim (Open- 9:30am)	Circle of Hope	Open Swim (2pm - 4:30pm)						Water Aerobics (Kathy)	Lap Swim (6:30pm-8:45pm)								
Lane 5	Lap Swim (Open- 9:30am)																		
Friday	Lane 1	Free Swim	Water Aerobics	Family Swim	Free Swim	Y Camp (Starts at 12:15pm)	Free Swim (2pm-4pm)	Open Swim (4pm - 7:45pm)											
	Lane 2			Lap Swim															
	Lane 3	Family Swim	Water Aerobics	Family Swim															
	Lane 4																		
	Lane 5	Lap Swim (Open- 6:45pm)	Lap Swim	Lap Swim (2pm-8:45pm)															
Lane 5	Lap Swim (Open- 6:45pm)																		
SATURDAY	Lane 1	POOL OPEN @ 7:00AM	7:00am	8:00am	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5:00pm	6:00pm					
	Lane 2 & 3		Free Swim (Open-9am)	Lap Swim	Free Swim (10am-1pm)	Party Rentals	Free Swim (4pm - 6:45pm)												
	Lane 4 & 5		Lap Swim (Open - 6:45pm)	Aqua Fitness	Family Swim (Open - 6:45pm)	Lap Swim (Open - 6:45pm)													
	Lane 4 & 5		Lap Swim (Open - 6:45pm)	Aqua Fitness	Family Swim (Open - 6:45pm)	Lap Swim (Open - 6:45pm)													
SUNDAY	Lanes 1 & 2	OUTDOOR POOL SCHEDULE Lap Swimming has at least 2 lanes <u>always</u> available. Other outdoor programming: Available on reverse side.	Open Swim (12:00pm - 6:45pm)										POOL CLOSES @ 6:45PM						
	Lanes 3 & 4		Lap Swim (12:00pm - 6:45pm)																
	Lane 5		Lap Swim (12:00pm - 6:45pm)																

No inflatables in the pools. Only Coast Guard approved flotation devices may be used. Thank you for your cooperation

Please note change in lap swim and program lane locations // Water Aerobic classes are in shallow water unless noted



July 2010 Outdoor Pool Schedule

		Open - 6:30am	6:30 - 7:30am	8:00am	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5:00pm	6:00pm	6:30pm	7:30pm	8:00pm
MONDAY	Lanes 1 & 2 & 3	Masters (5:30-6:30)	Lap Swim	Hydrocycle*	Lap Swim	Y Camp	Open Swim (11-11:45)	Masters (11:45-12:45)	Open Swim (12:45 - 6:30)					Hydrocycle* (5:30-6:30)	Lap Swim (6:30 - 8:45)		
	Lanes 4 & 5 & 6	Lap Swim (Open - 8:45pm)															
TUESDAY	Lanes 1 & 2 & 3	Lap Swim (Open - 9:00)			Hydrocycle	Y Camp	Hydrocycle*		Open Swim (11:00am - 6:30pm)					Lap Swim (6:30 - 8:45)			
	Lanes 4 & 5 & 6	Lap Swim (Open - 8:45pm)															
WEDNESDAY	Lanes 1 & 2 & 3	Lap Swim (Open - 6:45)	Hydrocycle (6:45-7:45)	Lap Swim (7:45 - 10:00)		Hydrocycle* (10:15-11:15) Y Camp	Open Swim (11-11:45)	Lap Swim (11:45-12:45)	Open Swim (12:45 - 6:30)				Hydrocycle (5:30-6:30)	Masters (6:30-7:30)	Lap Swim (7:30 - 8:45)		
	Lanes 4 & 5 & 6	Masters (5:30 - 6:30)	Lap Swim (6:30am - 8:45pm)														
THURSDAY	Lanes 1 & 2 & 3	Lap Swim			Hydrocycle	Y Camp	Hydrocycle*		Open Swim (11:00am - 6:30pm)					Lap Swim (6:30 - 8:45)			
	Lanes 4 & 5 & 6	Lap Swim (Open - 8:45pm)															
FRIDAY	Lanes 1 & 2 & 3	Masters (5:30 - 6:30)	Lap Swim			Y Camp	Hydrocycle* (11:30-12:30)		Open Swim (11:00 - 7:45)							CLOSED @ 7:45PM	
	Lanes 4 & 5 & 6	Lap Swim (Open - 8:45pm)															
SATURDAY	Lanes 1 & 2 & 3	POOL OPEN @ 7:00AM		7:00am	8:00am	9:00am	9:30pm	10:00am	10:30am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5:00pm	6:00pm
	Lanes 4 & 5 & 6			Lap Swim (7:00 - 10:30)			Hydrocycling* (10:30 - 11:30)		Open Swim (10:30 - 6:45pm)								
SUNDAY	Lanes 1 & 2 & 3	<u>The Splash Pad's hours are:</u> Monday-Thursday: 10:00am-5:00pm Friday: 10:00am-7:45pm								Open Swim (12:00pm - 6:45pm)							
	Lanes 4 & 5 & 6	Saturday: 10:00am- 6:45pm Sunday: 12:00pm-5:45pm								Lap Swim (12:00pm - 6:45pm)							

No inflatables in the pool. Only Coast Guard approved flotation devices may be used. Thank you for your cooperation.

Hydrocycle classes with (*) will begin the week of July 12th.