

# Spring Pool Schedule 2009

## Front Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 8:15 Adult Lap	5:30 - 6:15 Adult Lap	5:30 - 8:15 Adult Lap	5:30 - 6:15 Adult Lap	5:30 - 8:15 Adult Lap	7:00 - 10:00 Adult Lap	Open until May 1st
	6:15 - 7:00 Aqua Jog		6:15 - 7:00 Aqua Jog			
	7:00-1:00 Adult Lap	8:15 - 9:00 Aqua Fit	7:00-1:00 Adult Lap	8:15 - 9:00 Aqua Fit		
8:15 - 9:00 Aqua Fit			9:00 - 9:45 Aqua Stretch	9:00 - 9:45 Aqua Stretch		
9:00 - 9:45 Aqua Stretch		9:45 - 10:30 Aqua Fit	9:45 - 10:30 Aqua Fit			
9:45 - 10:30 Aqua Fit		10:30 - 1:00 Lap/Jog	10:30 - 1:00 Lap/Jog			
10:30 - 1:00 Lap/Jog				10:00-5:45 Open Swim		
1:00 - 1:45 Sr Splash	1:00 - 1:45 Sr Splash	1:00 - 1:45 Sr Splash	1:00 - 1:45 Sr Splash	1:00 - 1:45 Sr Splash		
1:45 - 3:00 Open/Lap	1:45 - 3:00 Open/Lap	1:45 - 3:00 Open/Lap	1:45 - 3:00 Open/Lap	1:45 - 3:00 Open/Lap		
3:00 - 5:30 *Swim Team	3:00 - 6:00 *Swim Team	3:00 - 6:00 *Swim Team	3:00 - 5:30 *Swim Team	3:00 - 6:00 *Swim Team		
5:30 - 6:50 Lessons	6:00 - 8:45 Open Swim	6:00 - 8:45 Open Swim	5:30 - 6:50 Lessons	6:00 - 8:45 Open Swim		
6:50 - 7:30 Aqua Intensity			6:50-7:30 Aqua Intensity			
7:30 - 8:45 Open/Lap			7:30-8:45 Open Swim			

\* Swim Team times will become Open Swim times beginning April 1st

## Back Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				9:00-11:00 Swim Lessons		Open until May 1st
				11:00 - 12:00 Presch Lessons	11:00 - 12:00 Party/Open	
					12:00-5:45 Open Swim	12:00-5:45 Open Swim

5:30-7:00 Lessons
7:00-7:45 Open Swim

5:30 - 7:00 Lessons
7:00-7:45 Open Swim

6:30-8:45 Family Swim & Water Volleyball
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