

Aquatics Schedule - Winter/Spring 2010

Added Family Swim Times from March 8 through June 18, Monday-Thursday, 3:30-5:00pm (2 lanes)

Home Swim meets January 23 and February 20. Pool closed from Noon-5:00pm

| Program | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|--|---|
| Lap Swim | 5:15-8:15am 10:30-11:30am (2) 11:30am-1:30pm 1:30-2:30pm (2) 5:00-6:00pm 7:30-9:00pm (3) | 5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 1:30-3:30pm (2) 7:15-8:15pm (1) 8:15-9:00pm | 5:15-8:15am 10:30-11:30am (2) 11:30am-1:30pm 1:30-2:30pm (2) 5:00-6:00pm 7:30-9:00pm (3) | 5:15-8:30am 8:30-9:30am (2) 11:30am-1:30pm 1:30-2:30pm (2) 7:15-8:15pm (11) 8:15-9:00pm | 5:15-8:15am 10:30-11:30am (2) 11:30am-2:00pm 5:00-6:30pm | 6:00-9:00am 12:00-1:30pm (3) 5:00-7:00pm (2) | 8:15-10:00am 10:00am-12:00pm (2) 1:00-3:15pm (2) Call-in hour* 12:00-1:00pm (2) |
| Youth/Family Swim | 10:30-11:30am (2) *2:30-3:30pm | *2:30-3:30pm 6:20-7:15pm (2) | 10:30-11:30am (2) *2:30-3:30pm 6:00-6:45pm (2) | *2:30-3:30pm 6:20-7:15pm (2) | 10:30-11:30am (2) 2:00-5:00pm 6:30-8:45pm | 2:30-5:00pm 5:00-7:00pm (2) | 10:00am-12:00pm (2) Call-in hour 12:00-1:00pm (2) 1:00-3:15pm (2) |
| LOOK FOR OUR BRAND NEW FAMILY SWIM POOL ISLAND | | | | | | | |
| Master Swims | | 7:15-8:15pm | | 7:15-8:15pm | | | |
| Water Aerobics | 8:15-9:00am 9:45-10:30am 6:45-7:30pm | | 8:15-9:00am 9:45-10:30am 6:45-7:30pm | | 8:15-9:00am 9:45-10:30am 6:30-7:15pm | | |
| Arthritis | 9:00-9:45am | | 9:00-9:45am | | 9:00-9:45am | | |
| Water Walking | | 8:30-9:30am (2) | | 8:30-9:30am (2) | | | |

- Note: Programs and/or times are subject to change.
- Number in parentheses () refers to number of lanes available.
- Lap Swim: Please adhere to the signs posted at the end of each lane governing type of activity.
- Water Aerobics: This water exercise program is geared to firm, tone and strengthen the body. It is a comprehensive workout for men and women of all fitness levels. Components include: cardiovascular routines, strengthening of arms, legs and abdominals. **NO SWIMMING SKILLS NECESSARY!**
- AFYAP - Arthritis Exercise: In collaboration with the Arthritis Foundation this program has been designed to help strengthen muscles and improve joint flexibility. Physician's clearance is required.
- **Children wearing flotation devices must be accompanied in the water by an adult during Family Swim and Pool Palooza.**
- **Pool Palooza consists of water games, inflatable toys and water sports.**

All Youth participants of Family Swim & Pool Palooza must perform a swim test prior to participation.

*Call In Hour - Open & Lap Swim available if no birthday party is scheduled.

