

Indoor Pool Schedule & Rules - Summer 2008

Pool Hours: Monday - Thursday 5:30AM - 10:30PM, Friday 5:30AM - 9:30PM, Saturday and Sunday 6:30AM - 7:30PM **Effective 6/23**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00						Pool Closed	Pool Closed	6:00				
6:30	Adult Lap Swim begins at 5:30AM Monday-Friday							6:30				
7:00											7:00	
7:30												7:30
8:00												8:00
8:30								8:30				
9:00								9:00				
9:30								9:30				
10:00	Triathlon Training 9:30-10:30	Water Exercise 9:30-10:30	Triathlon Training 9:30-10:30			Aquacise 9:30-10:30		10:00				
10:30								10:30				
11:00						Swim Lessons 10:30-11:30		11:00				
11:30								11:30				
12:00pm							Aqua Stretch 11:30-12:30	12:00pm				
12:30								12:30				
1:00								1:00				
1:30	Swim Lessons 1:00-2:00	Swim Lessons 1:00-2:00	Swim Lessons 1:00-2:00	Swim Lessons 1:00-2:00				1:30				
2:00								2:00				
2:30	Water Exercise 2:00-3:00	Water Exercise 2:00-3:00	Water Exercise 2:00-3:00	Water Exercise 2:00-3:00	Water Exercise 2:00-3:00			2:30				
3:00								3:00				
3:30								3:30				
4:00								4:00				
4:30	Swim Lessons 4:00-5:15	Swim Lessons 4:00-5:15	Swim Lessons 4:30-5:15	Swim Lessons 4:00-5:15				4:30				
5:00								5:00				
5:30						Adult Lap Swim 4:30-7:30	Adult Lap Swim 4:30-7:30	5:30				
6:00								6:00				
6:30								6:30				
7:00								7:00				
7:30								7:30				
8:00	Water Exercise 7:30-8:30		Water Exercise 7:30-8:30		Water Exercise 7:30-8:30			8:00				
8:30								8:30				
9:00						Pool Closed 7:30	Pool Closed 7:30	9:00				
9:30					Pool Closed 9:30			9:30				
10:00	Private lessons are given during lap swimming times.							10:00				

** Adult Swimmers have priority during Lap Swim. Junior members may swim laps if space allows at the discretion of the lifeguard.

 Pool Closed  Lap Swim is Available