

# Indoor Pool Schedule & Rules - Fall/Winter 2008-09

Pool Hours: Monday - Thursday 5:30AM - 10:30PM, Friday 5:30AM - 9:30PM, Saturday and Sunday 6:30AM - 7:30PM Effective 9/2/2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	<b>Adult Lap Swim begins at 5:30AM Monday-Friday</b>					Pool Closed	Pool Closed	6:00
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		Masters 9:30-10:30	Aquacise 9:30-10:30		10:00
10:30								10:30
11:00	Swim Lessons 10:30-11:30					Swim Lessons 10:30-11:30		11:00
11:30	Nursery 11:30-12:00	Nursery 11:30-12:00	Nursery 11:30-12:00	Nursery 11:30-12:00	Nursery 11:30-12:00		Aqua Stretch 11:30-12:30	11:30
12:00pm								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 1:00-2:30		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		Family Swim 12:30-4:30	2:30
3:00								3:00
3:30						Family Swim 2:30-4:30		3:30
4:00		Swim Lessons 3:30-4:30	Swim Lessons 3:30-4:30	Swim Lessons 3:30-4:30				4:00
4:30					Swim Team 3:30-7:00			4:30
5:00	Swim Team 3:30-7:00 Begins 9/17							5:00
5:30			Swim Team 4:30-7:00					5:30
6:00		Swim Team 4:30-8:00		Swim Team 4:30-8:00		Adult Lap Swim 4:30-7:30	Adult Lap Swim 4:30-7:30	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 Lane is Available