

POOL SCHEDULE

MONDAY 15TH TO SUNDAY 21ST 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6:15-8:45 a.m.	Early Bird 6:15-8:45 a.m.	Early Bird 6:15-8:45 a.m.	Early Bird 6:15-8:45 a.m.	Early Bird 6:15-8:45 a.m.	Early Bird 7:00-9:00 a.m.	
Water Exercise 8:45-9:45 am	Water Exercise 8:45-9:45 am	Water Exercise 8:45-9:45 am	Water Exercise 8:45-9:45 am	Water Exercise 8:45-9:45 am	Water Exercise 10:00-11:00 am	
Lap Swim 2 lane 8:45-11:30 a.m.	Lap Swim 2 lane 8:45-11:30 a.m.	Lap Swim 2 lane 8:45-11:30 a.m.	Lap Swim 2 lane 8:45-11:30 a.m.	Lap Swim 2 lane 8:45-11:30 a.m.		
Family Swim 4 lane 9:45-11:30 am	Family Swim 4 lane 9:45-11:30 am	Family Swim 4 lane 9:45-11:30 am	Family Swim 3 lane 9:45-11:30 am	Family Swim 4 lane 9:45-11:30 am		
Senior Swim 11:30am-12:30 pm	Senior Swim 11:30am-12:30 pm	Senior Swim 11:30am-12:30 pm	Senior Swim 11:30am-12:30 pm	Senior Swim 11:30am-12:30 pm		
Lap swim 2 lane 11:30am-12:30 pm	Lap swim 2 lane 11:30am-12:30 pm	Lap swim 2 lane 11:30am-12:30 pm	Lap swim 2 lane 11:30am-12:30 pm	Lap swim 2 lane 11:30am-12:30 pm	Lap Swim 1 lane 9:00am-12:00pm	
Lap Swim 3 lane 12:30-1:30 p.m.	Lap Swim 3 lane 12:30-1:30 p.m.	Lap Swim 3 lane 12:30-1:30 p.m.	Lap Swim 3 lane 12:30-1:30 p.m.	Lap Swim 3 lane 12:30-1:30 p.m.		
Adult Recreational Swim 3 lane 12:30-1:30 pm	Adult Recreational Swim 3 lane 12:30-1:30 pm	Adult Recreational Swim 3 lane 12:30-1:30 pm	Adult Recreational Swim 3 lane 12:30-1:30 pm	Adult Recreational Swim 3 lane 12:30-1:30 pm		Adapted Aquatics 12:00-1:00 pm
Lap Swim 2 lane 1:30-4:30 pm 6 lanes 4:30-6:00 pm	Lap Swim 2 lane 1:30-7:30 pm	Lap swim 2 lane 1:30-6:00 pm	Lap Swim 2 lane 1:30-7:30 pm	Lap Swim 2 lane 1:30-6:00 pm	Lap Swim 2 lane 1:00-3:00 pm 6 lane 4:00-5:00 pm	Lap Swim 2 lane 1:00-3:00 pm 6 lane 4:00-5:00 pm
Water Exercise 6:00-7:00 pm		Water Exercise 6:00-7:00 pm				
Family Swim 3 lanes 3:00-4:30 pm 6:00-7:00 pm	Family Swim 3 lanes 3:00-4:00 pm 4 lane 4:00-7:30 pm	Family Swim 3 lanes 3:00-6:00 pm 6:00-7:00 pm	Family Swim 3 lanes 3:00-7:30 pm	Family Swim 3 lanes 3:00-4:30 pm Whole pool 6:00-8:00 pm	Family Swim 4 lanes 1:00-3:00 pm	Family Swim 4 lanes 1:00-3:00 pm
Lap Swim 8:30-9:30 pm	Lap Swim 8:30-9:30 pm	Lap Swim 8:30-9:30 pm	Lap Swim 8:30-9:30 pm			

Shoulder length hair or longer must be tied back or a bathing cap worn (preferred)

Lap and Leisure Swim – for ages 13 and over. Not to be used by torpedoes swim team in place of their practice times

Family Swim – for all ages. Children under the age of 6, **must** be accompanied by an adult **in the water**.

Schedule may be subjected to change

