Pool Schedule

January 2010

Call the fitness center with questions 775-9851

Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
6:00-8:00 Lap Swim	6:00-8:00 Lap Swim	6:00-8:00 Lap Swim	6:00-8:00 Lap Swim	6:00-8:00 Lap Swim	6:00-8:00 Lap Swim	6:00-8:00 Lap Swim
8:00-9:00 Water Walking	8:00-9:00 Water Walking	8:00-9:00 Water Walking	8:00-9:00 Water Walking	8:00-9:00 Water Walking	8:00-9:00 Water Walking	8:00-9:00 Water Walking
9:00-1:00 Adult Swim	**9:00-9:45 Deep Water Aerobics Class**	**9:00-9:45 Deep Water Aerobics Class**	9:00- 3:00 Adult Swim	**9:00-9:45 Deep Water Aerobics Class**	**9:00-9:45 Deep Water Aerobics Class**	9:00-1:00 Adult Swim **11:00-11:45 Fitness Staff available in the pool**
	10:15-11:00 Arthritis Foundation Aquatic Program	**10:15-11:00 Arthritis Foundation Aquatic Program**		**10:15-11:00 Arthritis Foundation Aquatic Program**	**10:15-11:00 Arthritis Foundation Aquatic Program**	
1:00-5:00 Child/Guest swim <u>Aquatic Guard on duty</u>	11:00-1:30 Adult Swim	10:45-1:00 Adult Swim		10:45-1:00 Adult Swim	11:00-1:30 Adult Swim	1:00-5:00 Child/Guest swim <u>Aquatic Guard on duty</u>
	1:30-2:15 Therapy Pool Arthritis Class	**1:00-1:45 Deep Water Arthritis Plus Class**		**1:00-1:45 Deep Water Arthritis Plus Class**	**1:30-2:15 Therapy Pool Arthritis Class**	
	2:30-3:15 Water Tai Chi	1:45-4:45 Adult Swim		1:45-4:45 Adult Swim	**2:30-3:15 Water Tai Chi**	
	1:30-7:00 Adult Swim		3:00-4:00 Day Care Swim		1:30-7:00 Adult Swim	
		4:45-5:30 Water Fitness Class	4:00-8:00 Child/Guest Swim <u>Aquatic Guard on duty</u>	**4:45-5:30 Water Fitness Class**		
5:00-7:00 Adult Swim		5:30-7:00 Adult Swim		5:30-7:00 Adult Swim		5:00-8:00 Adult Swim
7:00-8:00 Joe's Outreach Class	7:00-8:00 Joe's Outreach Class	7:00-8:00 Joe's Outreach Class		7:00-8:00 Joe's Outreach Class	7:00-8:00 Joe's Outreach Class	
8:00-10:00 Lap Swim	8:00-10:00 Lap Swim	8:00-10:00 Lap Swim	8:00-10:00 Lap Swim	8:00-10:00 Lap Swim	8:00-10:00 Lap Swim	8:00-10:00 Lap Swim