

EXERCISE POOL SCHEDULE..... Effective: September 14, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 7:00	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim		
7:00 - 8:00	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:00 - 9:00 Open Swim	7:00 am - 9:00 pm Open Swim
8:00 - 9:00	During physical therapy times, the exercise pool will be available for limited member use. Member capacity will be limited to 6 persons during this time.					8:30 - 9:00 Adult Lessons	
9:00 - 10:00						9:00 - 11:00 Group Swim Lessons	7:00 am - 9:00 pm Open Swim
10:00 - 11:00	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy		
11:00 - 12:00							
12:00 - 1:00	12:00 - 1:00 Open Swim 12:00-1:00 Splishes/ Splashes	12:00 - 2:00 Open Swim	12:00 - 12:50 Noon Water Exercise	12:00 - 2:00 Open Swim	12:00 - 12:50 Noon Water Exercise	11:00 am - 9:00 pm Open Swim	7:00 am - 9:00 pm Open Swim
1:00 - 2:00	1:00 - 4:00 Physical Therapy		1:00 - 4:00 Physical Therapy				
2:00 - 3:00		2:00 - 2:45 Arthritis/Nice & Easy		2:00 - 2:45 Arthritis/Nice & Easy			
3:00 - 4:00		2:45 - 5:00 Open Swim		2:45 - 5:00 Open Swim		11:00 am - 9:00 pm Open Swim	7:00 am - 9:00 pm Open Swim
4:00 - 5:00	4:00 - 4:45 Open Swim	4:00 - 7:00 Group Lessons	4:00 - 7:00 Group Lessons	4:00 - 7:00 Group Lessons			
5:00 - 6:00	4:45 - 5:30 ABC 5:30-6:00 Open Swim	4:30 - 5:00/Group Only deep end open swim	4:45 - 5:30 Active Arthritis Cardio/Strength/Interval 5:30 - 6:00 Flounders Swim Team	4:30 - 5:00/Group Only deep end open swim	4:00 - 10:00 Open Swim	11:00 am - 9:00 pm Open Swim	7:00 am - 9:00 pm Open Swim
6:00 - 7:00	6:00 - 6:50 ABC	4:30 - 6:30 Group Swim Lessons	6:00-6:45 Aqua Fun	4:00 - 7:00 Group Swim Lessons			
7:00 - 8:00	6:50 - 10:00 Open Swim		6:30 - 10:00 Open Swim	6:45 - 10:00 Open Swim	6:30 - 10:00 Open Swim		
8:00 - 9:00							
9:00 - 10:00						PLEASE NOTE: Private Lessons may occur at any time. Please be considerate of them.	