

# LAP POOL SCHEDULE..... Effective: September 14, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30 - 7:00</b>	5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM		
<b>7:00 - 8:00</b>						7:00 am - 9:00 pm LAP SWIM	7:00 am - 9:00 pm LAP SWIM
<b>8:00 - 9:00</b>						8:30 - 9:00 Adult Intermed. Lessons	
<b>9:00 - 10:00</b>	9:00 - 10:00 H2O Circuit	5:30 am - 10:00 pm LAP SWIM	9:00 - 10:00 H2O Circuit	5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM	9:00 - 10:00 HydroFit/2 lanes deep	7:00 am - 9:00 pm LAP SWIM
<b>10:00 - 11:00</b>	5:30 am - 10:00 pm LAP SWIM		5:30 am - 10:00 pm LAP SWIM			10:00 - 11:00 Group Swim Lessons	
<b>11:00 - 12:00</b>	5:30 am - 10:00 pm LAP SWIM		5:30 am - 10:00 pm LAP SWIM			5:30 am - 10:00 pm LAP SWIM	
<b>12:00 - 1:00</b>		7:00 am - 9:00 pm LAP SWIM					
<b>1:00 - 2:00</b>							
<b>2:00 - 3:00</b>	5:30 am - 10:00 pm LAP SWIM	2:00 - 3:00 Youth Water Fitness (must swim laps)		2:00 - 3:00 Youth Water Fitness (must swim laps)	5:30 am - 10:00 pm LAP SWIM	7:00 am - 9:00 pm LAP SWIM	1:30 - 3:30 Open Family Swim Adult must be present 2 shallow lanes
<b>3:00 - 4:00</b>		5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM	5:30 am - 10:00 pm LAP SWIM			
<b>4:00 - 5:00</b>		5:30 am - 10:00 pm LAP SWIM	4:15 - 5:00 Junior Swim Team				4:15 - 5:00 Junior Swim Team
<b>5:00 - 6:00</b>	5:00 - 5:30 Flounders Swim Team		5:00 - 6:00 Swim Team/ Group Lessons	5:00 - 6:30 Swim Team/ Group Lessons			
<b>6:00 - 7:00</b>	5:30 - 6:30 Conditioning Swim		6:00 - 6:50 Hydro fit/2 lanes deep	6:00 - 7:00 Conditioning Swim	6:00 - 6:50 Hydro fit/2 lanes deep		
<b>7:00 - 8:00</b>	5:30 am - 10:00 pm LAP SWIM	7:00 - 7:45 Pregnacy Fitness 2 lanes			5:30 am - 10:00 pm LAP SWIM	7:00 am - 9:00 pm LAP SWIM	7:00 am - 9:00 pm LAP SWIM
<b>8:00 - 9:00</b>				7:00 - 9:00 Open Family Swim			
<b>9:00 - 10:00</b>				Adult must be present 2 shallow lanes			
						<b>PLEASE NOTE:</b> Private Lessons may occur at any time. Please be considerate of them.	