


# Aquatic Center Schedule Effective 9/26/11

PROGRAM POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Walking 8:30 - 9:00am		Water Walking 8:30 - 9:00am				Extreme Power 9:30 - 10:30am
Extreme Power 9:00 - 10:00am	Cardio Strength 9:00 - 10:00am	Extreme Power 9:00 - 10:00am	Power & Strength 9:00 - 10:00am	Aqua Zumba 9:15 - 10:00am	Cardio Strength 9:00 - 10:00am	
Cardio Strength 10:00 - 11:00am	Aquatic Wellness Tai Chi 10:00 - 10:45am	Cardio Blast 10:00 - 11:00am	Total Workout 10:00 - 11:00am	Cardio Strength 10:00 - 11:00am	Infant / Parent 10:00 - 11:30am	Children's Swim Lessons 10:00 - 1:00pm
Children's Swim Lessons 10:00 - 11:00am	Children's Swim Lessons 10:00 - 11:00am	Parent/Tot Swim Lessons 10:00 - 11:00am	Children's Swim Lessons 10:00 - 11:00am	Children's Swim Lessons 10:00 - 11:00am		
Physical Therapy (Patients Only) 11:00 - 11:45am	Arthritis 12:00 - 12:45pm	Children's Swim Lessons 11:00am - 12:00pm	Arthritis 12:00 - 12:45pm	Physical Therapy (Patients Only) 11:00 - 11:45am	Children's Swim Lessons 11:30am - 2:30pm	
Children's Swim Lessons 11:00 - 12:30pm	Children's Swim Lessons 1:00 - 3:00pm		Children's Swim Lessons 1:00 - 3:00pm	Children's Swim Lessons 11:00 - 12:30pm	Children's Swim Clinic 2:30 - 3:30pm	
Arthritis 12:00 - 12:45pm	Physical Therapy (Patients Only) 2:00 - 2:45pm	Children's Swim Lessons 1:00 - 3:00pm		Arthritis 12:00 - 12:45pm		
Children's Swim Lessons 1:00 - 3:00pm	Children's Swim Lessons 3:30 - 5:00pm	Children's Swim Lessons 3:30 - 6:00pm	Children's Swim Lessons 3:30 - 5:00pm	Children's Swim Lessons 1:00 - 3:00pm		
Children's Swim Lessons 3:30 - 6:00pm	Swim Clinic 4:00 - 6:00pm		Swim Clinic 4:00 - 6:00pm	Children's Swim Lessons 3:30 - 6:00pm		
		Extreme Power 6:30 - 7:30pm			Occasional Pool Parties 3:00 - 7:00pm	Occasional Pool Parties 3:00 - 7:00pm
		Adult Swim Lessons 8:00 - 9:00pm				

## MULTI USE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquatic Personal Training 8:30 - 9:30am		Aquatic Personal Training 9:00 - 10:00am	Aquatic Personal Training 9:00 - 10:00am	Aquatic Personal Training 9:00 - 10:00am	Aquatic Personal Training 1:00 - 3:00pm	
Aquatic Personal Training 10:00 - 11:00am	Aquatic Personal Training 9:00 - 10:00am	Aquatic Personal Training 10:00 - 11:00am	Aquatic Personal Training 10:00 - 11:00am	Aquatic Personal Training 10:00 - 11:00am	<p>Please limit swim time to 30 minutes when others are waiting.</p> <p>Thank You.</p> 	
	Aquatic Personal Training 10:00 - 11:00am		Aquatic Personal Training 11:00am - 12:00pm	Aquatic Personal Training 11:00am - 12:00pm		
Deep Water Workout 2:00 - 2:45pm	Aquatic Personal Training 11:00am - 12:00pm	Deep Water Workout 2:00 - 2:45pm	Deep Water Workout 2:00 - 2:45pm			
Swim Team 3:30 - 6:30pm	Swim Team 3:30 - 6:15pm	Swim Team 3:30 - 6:30pm	Swim Team 3:30 - 6:15pm	Swim Team 3:30 - 6:30pm		
	Deep Water Workout 6:15 - 7:00pm	Adult Swim Lessons 7:00 - 8:00pm	Deep Water Workout 6:15 - 7:00pm	Occasional Lifeguard Training 7:00 - 9:00pm		