

# WINTER/SPRING POOL SCHEDULE 2010

MONDAY		TUESDAY			WEDNESDAY		THURSDAY			FRIDAY		SATURDAY			SUNDAY			
Lap Swim 4 Lanes 5:45-9:00		Lap Swim 4 Lanes 5:45-9:00	Swim Team 2 Lanes 5:45-7:00		Lap Swim 4 Lanes 5:45-9:00		Lap Swim 4 Lanes 5:45-9:00	Swim Team 2 Lanes 5:45-7:00		Lap Swim 4 Lanes 5:45-9:00								
Water Walking 1 9:00-9:30	2 L A P	JoINTS-N-Motion 9:00-10:00	Healthy Back 9:00-9:45	2 L A P	Water Walking 1 9:00-9:30	2 L A P	JoINTS-N-Motion 9:00-10:00	Healthy Back 9:00-9:45	2 L A P	Water Walking 1 9:00-9:30	2 L A P	Lap Swim 8:00-9:00						
HydroSLIMnastics 9:30-10:30		Aqua Butts & Gutts 10:00-10:30	Pre-Natal 9:45-10:30		HydroSLIMnastics 9:30-10:30		Aqua Butts & Gutts 10:00-10:30	Pre-Natal 9:45-10:30		HydroSLIMnastics 9:30-10:30		Preschool Lessons 9:00-9:45						
Water Walking 2 10:30-11:00		Arthritis Swim 10:30-11:15	Preschool Lessons 10:30-11:15		Water Walking 2 10:30-11:00		Arthritis Swim 10:30-11:15	Rental 10:30-11:30		Water Walking 2 10:30-11:00		Youth Lessons 9:45-10:30						
Arthritis Plus 2 Lanes 11:00-11:45	Lap Swim 4 Lanes 11:00-1:00	Senior Aerobics 3 Lanes 11:30-12:30	Lap Swim 3 Lanes 11:30-3:00	SilverSplash 2 Lanes 11:15-12:00	Lap Swim 3 Lanes 11:00-3:00	Senior Aerobics 3 Lanes 11:30-12:30	Lap Swim 3 Lanes 11:30-3:00	(Rental) Special Population 12:30-1:30	Silver Splash 11:15-12:00	Parent & Child Lessons 10:30-11:00								
Family Pre-School Swim 2 Lanes 1:00-3:00	Lap Swim 4 Lanes 1:00-3:00	Home School 12:30-1:30	Family Preschool Swim 1:30-3:00	Preschool Lessons 12:45-1:00	Family Preschool Swim 1:30-3:00	Special Population 12:30-1:30	Family Preschool Swim 1:30-3:00	Rental 3 Lanes 2:00-3:00	Lap Swim 3 lanes 1:30-3:00	Rental 2-3 Lanes 11:00-1:00	Teen Water Aerobics 11:00-12:00 2 Lanes	1						
Pool Rental Monday-Friday 3:00-4:00 January 4 to March 12, 2010.																		
Swim Team 4:00-6:00		Swim Team 4:00-6:30			Swim Team 4:00-6:00		Swim Team 4:00-6:30			Swim Team 4:00-6:00		Open Swim 2 Lanes 1:00-3:00			Rentals 2 Lanes 1:00-3:00	2 L A P	Lap Swim 6 Lanes 11:30-2:00	
LAP 3 Lanes	Swim Team 6:00-6:30 3 Lanes				LAP 3 Lanes	Swim Team 6:00-6:30 3 Lanes				LAP 2 Lanes	Swim Team 6:00-6:30 4 Lanes							
Water Walking 3 6:30-7:00	Pre-School Lessons 6:30-7:15	1 L A P	Parent/Child Lessons 6:30-7:00	Preschool Lessons 6:30-7:15	2 L A P	Water Walking 3 6:30-7:00	Preschool Lessons 6:30-7:15	2 L A P	Parent/Child Lessons 6:30-7:00	Preschool Lessons 6:30-7:15	2 L A P	Water Walking 6:30-7:00		January 30 to May 22 ARC Pool Closed 3:00-5:00  All Other Dates Open Swim 3:00-5:00			Open Swim 2 Lanes 2:00- 7:00	2 L A P
Aqua Butts & Gutts 7:00-8:00	Youth Lessons 7:15-8:00		Open Swim 6:30- 8:00 1 Lane	Pike w/ Parent 7-7:30		Youth Lessons 7:15-8:00	Aqua Butts & Gutts 7:00-8:00		Youth Lessons 7:15-8:00	Open Swim 6:30- 8:00 1 Lane		Pike w/ Parent 7-7:30	Youth Lessons 7:15-8:00				Aqua Butts & Guts 7:00-8:00	
Water Kickboxing 8:00-8:30	Open Swim 8:00-9:00 2 Lanes		Open Swim 8:00- 9:00 2 Lanes	Rental 8:00-9:00 2 Lanes		Open Swim 8:00-9:00 2 Lanes	Rental 2 Lanes 8:00-9:00		Open Swim 8:00- 9:00 2 Lanes	Adult/Teen Lessons 7:45-8:30		Adult /Teen Volleyball 2 Lanes 7:00-9:00	Open Swim 8:00-9:00 2 Lanes				Rental 8:00-9:00 2 Lanes	Open Swim 2 Lanes 5:00-7:30
Rental 8:00-9:00 2 Lanes																		

Please note: We reserve the right to change the number of lap & class lanes available at any time. You will be asked to wait or share a lane if the pool is crowded at these times.

ALL CHILDREN NOT POTTY TRAINED MUST WEAR A SWIM DIAPER.