

# Program Schedule

4/15/12-6/9/12

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
5:30							
6:00							
6:30		Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 5:00-8:40	Open Lap Swim 6:00-8:00
7:00							
7:30							
8:00	Open Lap Swim 8:00-9:00						
8:30		Aquafit 8:45-9:30	H2O Sculpt 8:45-9:30	Aquafit 8:45-9:30	Aquafit 8:45-9:30	Aqua Kickboxing 8:45-9:30	Aquafit 8-8:45
9:00	Twinges 9-9:45						Swim Lessons: P/C 8:45-9:15, Pre 9:20-9:50, Youth 9:55-10:35
9:30	Adaptive Open Swim 9:45-10:30/Adapt. Family Swim 10:30-11:00	Deep H2O 9:30-10:15	Preschool & Parent/Child 9:30-10	Deep H2O 9:30-10:15	Aqua Zumba 9:30-10:15	Deep H2O 9:30-10:15	
10:00			Twinges 10:15-11				
10:30		Presch. 10:15-10:45		Pre. People 10:30-11	Twinges 10:15-11		
11:00		Kennedy 10:45-11:15			Fit & Fun 11-11:30	SEASPAR 10:15-11:15	Stroke Clinic 10:45-11:45
11:30	Open Swim 11:00-12:30	Open 11:15-12	Open 11-12	Phillip Rock 11-12	Kennedy School 11:30-12	Open 11:15-12	
12:00		Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Lunch Lap Swim 12-1	Private Lessons 11:45-1:15
12:30	Family Swim 12:30-2						
1:00		Kinder Swim 1-2	Smooth Moves 1-2	Kinder Swim 1-2	Smooth Moves 1-2	Kinder Swim 1-2	Family Swim 1:15-3:00
1:30							
2:00	Private Less. 2-2:30		Fit & Fun 2-2:30		Fit & Fun 2-2:30		
2:30	Stroke Clinic 2:30-3:30	Open 2-3:30	Open 2:30-3:45	Open 2-4	Open 2:30-3:45	Open 2-3:30	
3:00							
3:30	Swim Lessons: Youth 3:35-4:15; Presch. 4:20-4:50; Youth 4:55-5:35; Pike 5-5:30	After School Care Swim/Open 3:30-4:30	Swim Lessons Preschool 3:45-4:15, Youth 4:20-5:00	Privates 4-4:30	Swim Lessons Youth 3:45-4:25, Preschool 4:30-5:00	After School Care 3:30-4:30	Open 3:00-5:45
4:00		Ray Graham 4-5		Synchro 4:30-5		Open 4:30-5	
4:30			Stroke Clinic 5:00-6:00	Swim Lessons: Pre 5:10-5:40, Youth 5:45-6:25, Pre&P/C 6:30-7	Stroke Clinic 5:00-6:00	Jr. Lifeguard 5-6	
5:00		Lessons: Youth 5-5:40, Pre 5:45-6:15, Seahorse 6:20-6:50, Youth 6:20-7					
5:30			Aquafit 6:15-7:00		Seahorse 6-6:30	Open/Private Lessons 6-7	
6:00							
6:30		Aqua Kickboxing 7-7:45	Adult Swim 7-7:30	H2O Sculpt 7-7:45	Aquafit 6:30-7:15		
7:00							
7:30							
8:00			Lap Swim 7:30-8:30		Twinges 7:15-8	Family Night 7-9:45	
8:30				SCUBA 7:45-9:45	Lap Swim 8-8:30		
9:00		Open 7:45-9:45					
9:30			Open 8:30-9:45		Open 8:30-9:45		

Times and availability are subject to change without notice.



Children under the age of 9 who do not pass the deep water test must be accompanied in the water by a parent or person 16+ years old.