

SPRING 2010 INDOOR POOL SCHEDULE

Effective April 12, 2010

Health & Wellness • Ext. 137

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM Adu t Lap Swim 10:00 AM	5:30 AM Adu t Lap Swim 9:00 AM	5:30 AM Adu t Lap Swim 9:00 AM	5:30 AM Adu t Lap Swim 9:00 AM	5:30 AM Adu t Lap Swim 9:00 AM	5:30 AM Adu t Lap Swim 9:00 AM	
8:00 AM 1/3 Open Swim 1/3 Adu t Lap 1/3 Fitness C ass 9:00 AM	9:00 AM 1/3 Open Swim 1/3 Adu t Lap 1/3 Fitness C ass 11:00 AM	9:00 AM 1/3 Open Swim 1/3 Fitness C ass 1/3 Adu t Lap 11:00 AM	9:00 AM 1/2 Open Swim 1/2 Adu t Lap 10:00 AM	9:00 AM 1/3 Open Swim 1/3 Fitness C ass 1/3 Adu t Lap 11:00 AM	9:00 AM 1/3 Open Swim 1/3 Fitness C ass 1/3 Adu t Lap 11:30 AM	1:00 PM Open Swim 5:45 PM
9:00 AM 1/3 Open Swim 1/3 Birthday Parties 1/3 Instructiona 12:00 PM	11:00 AM 1/2 Open Swim 1/2 Adu t Lap 4:00 PM	11:00 AM 1/2 Open Swim 1/2 Adu t Lap 5:15 PM	10:00 AM 1/3 Open Swim 1/3 Fitness C ass 1/3 Adu t Lap 11:30 AM	11:00 AM 1/2 Open Swim 1/2 Instructiona / Lap 5:15 PM	11:30 AM 1/2 Open Swim 1/2 Adu t Lap 5:45 PM	
12:00 PM Open Swim Birthday Parties 1/2 Adu t Lap 3:00 PM	4:00 PM 1/3 Open Swim 1/3 Adu t Lap 1/3 Instructiona /Lap 7:00 PM	5:15 PM 1/3 Group Swim Lesson 1/3 Open Swim 1/3 Adu t Lap 6:15 PM	11:30 AM 1/2 Open Swim 1/2 Adu t Lap 9:45 PM	5:15 PM 1/3 Instructiona /Open 1/3 Fitness C ass 1/3 Adu t Lap 6:15 PM		
3:00 PM 1/2 Open Swim 1/2 Adu t Lap 4:45 PM	7:00 PM 1/2 Open Swim 1/2 Adu t Lap 9:45 PM	6:15 PM 1/2 Open Swim 1/2 Adu t Lap 9:45 PM		6:15 PM 1/3 Open Swim 1/3 Adu t Lap 1/3 Instructiona /Open 7:30 PM		
				7:30 PM 1/2 Open Swim 1/2 Adu t Lap 9:45 PM		

No Food or Beverages are allowed in the Pool.

*Schedule may be amended due to JCC programming needs.