

WINTER 2010 INDOOR POOL SCHEDULE

Effective January 4, 2010
Health & Wellness • Ext. 137

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM Adult Lap Swim 10:00 AM 10:00 AM 1/3 Open Swim 1/3 Birthday Parties 1/3 Instructional 12:00 PM 12:00 PM Open Swim Birthday Parties 1 lane Adult Lap 3:00 PM 3:00 PM 1/2 Open Swim 1/2 Swim Team 4:30 PM 4:30 PM 1/2 Open Swim 1/2 Sharks Swim Team 4:45 PM	5:30 AM Adult Lap Swim 9:00 AM 9:00 AM 1/3 Open Swim 1/3 Adult Lap 1/3 Fitness Class 11:00 AM 11:00 AM Open Swim 3:00 PM 3:00 PM 1/2 Open Swim 1/2 Group Swim Lesson 6:00 PM 6:00 PM 1/2 Open Swim 1/2 Swim Team 8:00 PM 8:00 PM Open Swim 9:45 PM	5:30 AM Adult Lap Swim 9:30 AM 9:30 AM 1/3 Open Swim 1/3 Fitness Class 1/3 Adult Lap 11:00 AM 11:00 AM 1/2 Open Swim 1/2 Adult Lap 3:00 PM 3:00 PM 1/3 Group Swim Lesson 1/3 Swim Team 1/3 Adult Lap 5:15 PM 5:15 PM 1/3 Open Swim 1/3 Adult Lap 1/3 Fitness Class 7:30 PM 1/3 Master Swim 7-8PM 8:00 PM Open Swim 9:45 PM	5:30 AM Adult Lap Swim 9:00 AM 9:00 AM 1/2 Open Swim 1/2 Adult Lap 3:00 PM 3:00 PM 1/2 Open Swim 1/2 Swim Team 6:00 PM 6:00 PM 1 Open Lane Open Swim Team 9:45 PM	5:30 AM Adult Lap Swim 9:00 AM 9:00 AM 1/2 Open Swim 1/2 Fitness Class 11:00 AM 11:00 AM 1/2 Open Swim 1/2 Instructional / Lap 3:00 PM 3:00 PM 1/2 Open Swim 1/2 Swim Team 5:00 PM 5:00 PM Swim Team 6:30 PM 6:30 PM 1/2 Swim Team 1/2 Open/Lap 9:45 PM	5:30 AM Adult Lap Swim 9:00 AM 9:00 AM 1/3 Open Swim 1/3 Fitness Class 1/3 Adult Lap 11:00 AM 11:00 AM Open Swim 12:00 PM 12:00 PM 1/2 Open Swim 1/2 Adult Lap 2:00 PM 2:00 PM 1/2 Open Swim 1/2 Swim Team 5:45 PM	1:00 PM Open Swim 5:45 PM
No Food or Beverages are allowed in the Pool. *Schedule may be amended due to JCC programming needs.						