

# SWIM SCHEDULE

Time of Day	MON	TUE	WED	THUR	FRI	SAT	SUN
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## Main Pool

6am-8am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30am-8am						Lap Swim	
11:30am-1:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:40am-12:30pm	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	
5:30pm-7:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:40pm-6:30pm	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		

## Therapy Pool

8am-9am	Warm Water Exer		Warm Wate Exer		Warm Water Exer		
9am-10am	Warm Water Exer		Warm Water Exer		Warm Water Exer		
11:30am-1:30pm	Shallow - All	Shallow - All	Shallow - All	Shallow - All	Shallow - All	Shallow - All	Shallow - All
11:30am-1:30pm	Deeper area	Deeper area	Deeper area	Deeper area	Deeper area	Deeper area	Deeper area
5:30pm-7:00pm	Shallow - All	Shallow - All	Shallow - All	Shallow - All	Shallow - All		
5:30pm-7:00pm	Deeper area	Deeper area	Deeper area	Deeper area	Deeper area		

Updated 09.30.10