

Instructional Pool
Aug 18-Sept 14, 2008
 (please note the pools are closed Aug 10 -17 for cleaning)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30am	Lap Swim / Open Exercise	Lap Swim / Open Exercise	Lap Swim / Open Exercise	Lap Swim / Open Exercise	Lap Swim / Open Exercise		
6am	4:30-8am	4:30-9am	4:30-8am	4:30-9am	4:30-8am		
7am							
8am	H2O Aerobic 8:00-9		H2O Aerobic 8:00-9		H2O Aerobic 8:00-9	Lap Swim 8:00-9am	
9am	Open Exercise <i>(see school swim times/dates below for Mon - Fri 9-10 am)</i>	Open Exercise	Open Exercise	Open Exercise	Open Exercise	Swim Lessons 9:00-10:45	
10am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open Exercise		
10:30	AFYAP	Senior Swim	AFYAP	Senior Swim	AFYAP		
11am	10:30-11:30	10:30-Noon	10:30-11:30	10:30-Noon	10:30-11:30	Family Swim	
11:30	Open Exercise		Open Exercise		Open Exercise	10:45 - 1pm	
Noon	Open Swim 12-3:45pm	AFYAP w/ lap lane	Open Swim 12-3:45pm	AFYAP w/ lap lane	Open Swim 12-6 pm		Beginning Sept 7th Open Swim
1pm		Open Swim w/lap lane		Open Swim w/lap lane		Open Swim 1-4:30 pm	12-4:30 pm
2pm		1-4:30 pm		1-4:30pm			
3pm							
4pm	Swim Lessons 4-5:45 pm		Swim Lessons 4-5:45 pm		Swim Lessons 4:45-6:20pm		
5pm		Swim Lessons 4:45-6:20pm					
6pm	Open Swim w/lap lane		OpenSwim w/lap lane		Family Swim w/lap lane		
7pm	5:45-8pm	Noodle Aerobics w/ Open Swim 6:30-8:30 pm	5:45-8pm	Noodle Aerobics w/ Open Swim 6:30-8:30 pm	6-8:30pm		
8pm	Water Aerobics	<i>(Dive Board Closed 6:30-7:30pm)</i>	Water Aerobics	<i>(Dive Board Closed 6:30-7:30pm)</i>			
9pm							

SCHOOL SWIM TIMES

9-10am Oct 6,7,8,9,10,13,15,16,17
 9-10am Nov 3,4,5,6,7
 9-10am Jan 9,16,23,30, and Feb 6
 1-2pm Feb 23,27, Mar 2,6,9,13,16,20,30, Apr 3
 9-10am Mar 9,10,12,13,16

9-10am Apr 3,6,7,8,9,13,14,15,16,17,20,21,22,23,24
 1-2pm Apr 20,21,22,23,24
 9-10am May 4,5,6,8,11