



Winter 2010

Fitness Pool Schedule

January 4-April 4, 2010

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
() # of Lanes Open for Aquatics Activities	6:00-7:15 am (2)	6:00-8:00 am (4)	6:00-7:15 am (2)	6:00-8:00 am (4)	6:00-7:15 am (2)	8:00-9:45 am (4)	
	7:15-8:15 am (4)	8:00-9:00 am (2)	7:15-8:15 am (4)	8:00-9:00 am (2)	7:15-8:15 am (4)	Fitness Pool Closed 9:45-Noon	
	8:15-9:15 am (1)	9:00-10:15 am (1)	8:15-9:15 am (1)	9:00 am-10:15 am (1)	8:15-9:15 am (1)		
	9:15-10:30 am (1)	10:15 am-1:00 pm (4)	9:15-10:30 am (1)	10:15 am-1:00 pm (4)	9:15-10:30 am (1)	Noon-7:30 pm (4)	Noon-7:30 pm (4)
	10:30 am-3:30 pm (4)	1:00-2:00 pm (1)	10:30 am-3:30 pm (4)	1:00-2:00 pm (1)	10:30 am-4:30 pm (4)		
		2:00-3:00 pm (2)		2:00-3:00 pm (2)	4:30-5:15 pm (2)		
		3:00-3:30 pm (4)		3:00-3:30 pm (4)	5:15-9:00 pm (4)		
		Fitness Pool Closed 3:30 - 4:30 pm	Fitness Pool Closed 3:30 - 4:30 pm	Fitness Pool Closed 3:30 - 4:30 pm	Fitness Pool Closed 3:30 - 4:30 pm		
		4:30-5:15 pm (2)	4:30-5:00 pm (2)	4:30-5:15 pm (2)	4:30-5:00 pm (2)		
		5:15-7:00 pm (4)	5:00-8:00 pm (4)	5:15-7:00 pm (4)	5:00-7:00 pm (4)		
	7:00-9:00 pm (2)	8:00-9:00 pm (2)	7:00-9:00 pm (2)	Fitness Pool Closed 7:00-8:00 pm 8:00-9:00 pm (2)			
Programs	6:15-7:15 am Aerobics Lets Do It All	8:00-9:00 am Aerobics Arthritis Aquatics	6:15-7:15 am Aerobics Lets Do It All	8:00-9:00 am Aerobics Arthritis Aquatics	6:15-7:15 am Aerobics Lets Do It All	9:45-10:45 am Aerobics Lets Do It All	None
	8:15-9:15 am Aerobics Step Into Aquatic Fit.	9:00-10:15 am Aerobics Low Impact/Floatation	8:15-9:15 am Aerobics Step Into Aquatic Fit.	9:00-10:15 am Aerobics Low Impact/Floatation	8:15-9:15 am Aerobics Step Into Aquatic Fit.	10:00-Noon Swim Lessons	
	9:15-10:15 am Aerobics Lets Do It All	1:00-2:00 am Aerobics Multi-Move	9:15-10:15 am Aerobics Lets Do It All	1:00-2:00 am Aerobics Multi-Move	9:15-10:15 am Aerobics Lets Do It All		
	3:30-4:30 pm Learn to Swim Lessons	2:00-3:00 am Aerobics Arthritis Aquatics	3:30-4:30 pm Learn to Swim Lessons	2:00-3:00 am Aerobics Arthritis Aquatics	4:30-5:15 pm Stroke Clinic		
	4:30-5:15 pm Lessons Stroke Clinic	3:30-5:00 pm Learn to Swim Lessons	4:30-5:15 pm Lessons Stroke Clinic	3:30-5:00 pm Learn to Swim Lessons			
	7:00-9:00 pm Aerobics Aqua Fitness Medley	8:00-9:00 pm Aerobics Complete Aquatic Workout	7:00-9:00 pm Aerobics Aqua Fitness Medley	7:00-8:00 pm Learn to Swim Lessons 8:00-9:00 pm Aerobics Complete Aquatic Workout			

Day Passes:
Seniors: \$6.00
Adults \$8.00
Children \$5.00
 (3 & Older)
For information and updates please call 436-2743.

***Schedule is subject to change. We ask that you please wait until class is over and lane lines are in place before entering the fitness pool**