

Summer Pool Schedule

Effective May 24, 2010

Indoor Pool

MONDAY		
Lap Swim - 2 lanes	5:00 am	to 9:45 pm
Arthritis Water Aerobics	8:00 am	to 9:00 am
Shallow Water Aerobics	9:00 am	to 10:00 am
Deep Water	10:00 am	to 11:00 am
Swim Lessons	10:00 am	to 2:00 pm
Swim Lessons	3:00 pm	to 9:00 pm
H2O Transitional Water Aerobics	6:00 pm	to 7:00 pm

TUESDAY		
Lap Swim - 2 lanes	5:00 am	to 9:45 pm
Shallow Water Aerobics	9:00 am	to 10:00 am
Swim Lessons	10:00 am	to 2:00 pm
Swim Lessons	3:00 pm	to 9:00 pm

WEDNESDAY		
Lap Swim - 2 lanes	5:00 am	to 9:45 pm
Arthritis Water Aerobics	8:00 am	to 9:00 am
Shallow Water Aerobics	9:00 am	to 10:00 am
Deep Water	10:00 am	to 11:00 am
Swim Lessons	10:00 am	to 2:00 pm
Swim Lessons	3:00 pm	to 9:00 pm
H2O Transitional Water Aerobics	6:00 pm	to 7:00 pm

THURSDAY		
Lap Swim - 2 lanes	5:00 am	to 9:45 pm
Shallow Water Aerobics	9:00 am	to 10:00 am
Swim Lessons	10:00 am	to 2:00 pm
Swim Lessons	3:00 pm	to 9:00 pm

FRIDAY		
Lap Swim - 2 lanes	5:00 am	to 8:45 pm
Arthritis Water Aerobics	8:00 am	to 9:00 am
Shallow Water Aerobics	9:00 am	to 10:00 am
Deep Water	10:00 am	to 11:00 am
Coll. Swim Team-5 lanes	4:15 pm	to 6:00 pm

SATURDAY		
Lap Swim - 3 lanes	8:00 am	5:45 pm
Shallow Water Aerobics	10:00 am	to 11:00 am

SUNDAY		
Lap Swim - 3 lanes	1:00 pm	to 5:45 pm

Outdoor Pool

MONDAY		
Lap Swim	6:30 am	to 9:15 am
Swim Team - 5 lanes	7:45 am	to 9:15 am
Recreational Swim	10:00 am	to 8:00 pm

TUESDAY		
Lap Swim	6:30 am	to 9:15 am
Swim Team - 5 lanes	7:45 am	to 9:15 am
Recreational Swim	10:00 am	to 8:00 pm

WEDNESDAY		
Lap Swim	6:30 am	to 9:15 am
Swim Team - 5 lanes	7:45 am	to 9:15 am
Recreational Swim	10:00 am	to 8:00 pm

THURSDAY		
Lap Swim	6:30 am	to 9:15 am
Swim Team - 5 lanes	7:45 am	to 9:15 am
Recreational Swim	10:00 am	to 8:00 pm

FRIDAY		
Lap Swim	6:30 am	to 9:15 am
Recreational Swim	10:00 am	to 8:00 pm

SATURDAY		
Swim Team - 5 lanes	8:15 am	to 9:45 am
Recreational Swim	10:00 am	to 5:45 pm

SUNDAY		
Recreational Swim	1:00 pm	to 5:45 pm

- ~ Times subject to change
- ~ Please shower before entering pool
- ~ Children under 16 are **NOT** allowed in sauna or steamroom or near the whirlpool
- ~ When ground lightning strikes within 5 miles, the pool and the pool deck will be evacuated
- ~ The Arthritis Foundation recommends a program of non-weight bearing activities such as cycling, warm-water aquatic programs and swimming to reduce joint stress.
- ~ They recommend a water temperature of 83 to 88 degrees F. The Indoor Pool Temperatures varies between 84 and 87 degrees F.
- ~ Aerobic classes with 15 or more participants will use 4 lanes.
- ~ **ABSOLUTELY NO RECREATIONAL SWIMMING DURING WATER AEROBICS CLASSES OR SWIMMING LESSONS**

The Indoor Pool is 25 yards long.