

COMPETITION POOL SCHEDULE

Spring 2012

MONDAY

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|--------------|---|
| 5:00-9:00A | Lap Swim (1-8) |
| 9:00-10:00A | Adult Instruction (1-4) Lap Swim (5-8) |
| 10:00-11:00A | Water Fitness (1-3) Lap Swim (4-8) |
| 11:00A-4:00P | Lap Swim (1-8) |
| 4:00-9:00P | CY Swim Team (1-8) |
| 9:00P | CLOSED |

TUESDAY

| | |
|--------------|---------------------------------------|
| 5:00-10:00A | Lap Swim (1-8) |
| 10:00-11:00A | Water Fitness (1-3) Lap Swim (4-8) |
| 11:00A-4:00P | Lap Swim (1-8) |
| 4:00-9:00P | CY Swim Team (1-8) |
| 9:00P | CLOSED |

WEDNESDAY

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|--------------|---|
| 5:00-9:00A | Lap Swim (1-8) |
| 9:00-10:00A | Adult Instruction (1-4) Lap Swim (5-8) |
| 10:00-11:00A | Water Fitness (1-3) Lap Swim (4-8) |
| 11:00A-4:00P | Lap Swim (1-8) |
| 4:00-9:00P | CY Swim Team (1-8) |
| 9:00P | CLOSED |

THURSDAY

| | |
|--------------|---------------------------------------|
| 5:00-10:00A | Lap Swim (1-8) |
| 10:00-11:00A | Water Fitness (1-3) Lap Swim (4-8) |
| 11:00A-4:00P | Lap Swim (1-8) |
| 4:00-9:00P | CY Swim Team (1-8) |
| 9:00P | CLOSED |

FRIDAY

| | |
|--------------|---------------------------------------|
| 5:00-10:00A | Lap Swim (1-8) |
| 10:00A-2:00P | Water Fitness (1-3) Lap Swim (4-8) |
| 2:00-4:00P | Lap Swim (1-8) |
| 4:00-9:00P | CY Swim Team (1-8) |
| 9:00P | CLOSED |

SATURDAY

| | |
|--------------|--------------------|
| 7:00-8:00A | Lap Swim (1-8) |
| 8:00A-12:00P | CY Swim Team (1-8) |
| 12:00P | CLOSED |

SUNDAY (Programs Only, no lap swim)

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|-------------|--|
| 12:00-3:00P | Private Lessons (1-4) Lifeguard Class (5-8) |
| 3:00-5:45P | Kayak (1-4) SCUBA (5-8) |
| 5:45P | CLOSED |

Pool Temperature Average 81° - 83°F

Pool Depth 3½-14 feet deep

Pool Length 25 yards

NOTE: As a service to our members, feel free to use the kickboards, pull buoys, flippers and hand paddles for lap swimming. If you need assistance, please ask the lifeguard.

When lap swimming is only available in the Cool Lap Pool, members wishing to use the Adult Locker rooms will need to bring a robe/cover-up and sandals to travel between the locker room and the pool. Thank you for your cooperation.