



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## FEBRUARY 2012

Monday		SEE PAGE 2 FOR WARM WATER SCHEDULE
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
9 a.m. – 11:45 a.m.	Swim Lessons	
10 a.m. – 11 a.m.	Water Aerobics	
11:45 a.m.- 8:45 p.m.	Open Swim	
6 p.m. – 7 p.m.	Masters Swim Team	
Tuesday		Lap lanes are always available.
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
5:30 a.m. – 8:45 p.m.	Open Swim	
9 a.m. – 11:45 a.m.	Swim Lessons	
11:45 a.m. – 8:45p.m.	Open Swim	
Wednesday		SWIM CAPS, NOSE CLIPS & EAR PLUGS ARE FOR SALE @ THE FRONT DESK.
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
9 a.m. – 11:45 a.m.	Swim Lessons	
10 a.m. – 11 a.m.	Water Aerobics	
11:45 a.m. – 8:45p.m.	Open Swim	
6 p.m. – 7 p.m.	Masters Swim Team	
Thursday		CHILDREN 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT.
5:30 a.m.- 8:30 p.m.	Lap swim, Water walk/jog	
5:30 a.m. – 8:45 p.m.	Open Swim	
9 a.m. – 11:45 a.m.	Swim Lessons	
11:45 a.m. – 8:45p.m.	Open Swim	
Friday		Private Swim Lessons are now available. More information is at the front desk.
5:30 a.m. – 7:00 p.m.	Lap swim, Water walk/jog	
9 a.m. – 11:45 a.m.	Swim Lessons	
10 a.m. – 11 a.m.	Water Aerobics	
11 a.m.- 7:15 p.m.	Open Swim	
Saturday		
8:30 a.m. – 3:30 p.m.	Open Swim	
Sunday		
1:15 p.m. – 4:30 p.m.	Open Swim	

### COMING SOON...

Youth Swim Training program that will start March 12th in the evenings. Children will get stroke instruction and structure workouts to improve their technique and skill level. This program would be great for a competitive swimmer getting ready for the summer swim season or for any child that loves swimming, wants to improve and/or wants the exercise.

SWIM LESSONS STARTING SOON.

More details will follow. Please see Jennifer Absher Shawn Durham with any questions.

# Warm Water Pool Schedule

Monday and Wednesday	
5:30- 10:00	Therapy (18 and above ONLY)
10am-11:15	Water Aerobics
11:15-11:45	Swim Lessons/ Special Programs
11:45-1:00	Therapy (18 and above ONLY)
1:00-3:00	Free Swim (Children may enter with a parent/guardian accompany them)
3:00-7:00	Therapy (18 and above ONLY)
7:00-8:30	Free Swim (Children may enter with a parent/guardian accompany them)
Tuesday and Thursday	
5:30-10:00	Therapy (18 and above ONLY)
10:00- 11:15	Free Swim (Children may enter with a parent/guardian accompany them)
11:15-11:45	Swim Lessons/Special Programs
11:45-1:00	Therapy (18 and above ONLY)
1:00-3:00	Free Swim (Children may enter with a parent/guardian accompany them)
3:00-7:00	Therapy (18 and above ONLY)
7:00-8:30	Free Swim (Children may enter with a parent/guardian accompany them)
Friday	
5:30-10:00	Therapy (18 and above ONLY)
10:00-11:15	Water Aerobics
11:15-1:00	Therapy (18 and above ONLY)
1:00-3:00	Free Swim (Children may enter with a parent/guardian accompany them)
3:00-5:00	Therapy (18 and above ONLY)
5:00-7:00	Free Swim (Children may enter with a parent/guardian accompany them)
Saturday	
8:00-10:30	Therapy (18 and above ONLY)
10:30-12:00	Free Swim (Children may enter with a parent/guardian accompany them)
12:00-2:00	Therapy (18 and above ONLY)
2:00-4:00	Free Swim (Children may enter with a parent/guardian accompany them)
Sunday	
1:00-2:00	Therapy (18 and above ONLY)
2:00-3:30	Free Swim ( Children may enter with a parent/guardian accompany them)
3:30-4:30	Therapy (18 and above ONLY)