

## WINTER 2009 POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30am	Lap Swim	Pool Closed	Lap Swim	Pool Closed	Lap Swim	Pool Closed	Pool closed
7-8am	Pool Closed	Fusion	Pool Closed	Fusion	Pool Closed	Pool Closed	Pool Closed
8:15-9:15am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Lessons 9-9:50am	Pool Closed
9:30-10:30am	Aqua Aerobics	Rusty Hinges	Core 'n More	Rusty Hinges	Aqua Aerobics	Lessons 10-10:50am	Pool Closed
10:45-11:45am	Rusty Hinges	Rusty Hinges	Rusty Hinges	Rusty Hinges	Rusty Hinges	Lessons 11-11:50am	Pool Closed
12-1pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lessons 12-12:50am	Pool Closed
1:15-2:15pm	Rusty Hinges	Pool Closed	Rusty Hinges	Pool Closed	Rusty Hinges	Open Therapy Swim 1-3PM	Open Therapy Swim 1-3PM
3-4pm	Open Therapy Swim	Dollar-A-Dip Lap/Open	Open Therapy Swim	Adult Therapy Swim	Open Therapy Swim	Pool Closed	Pool Closed
4-5pm	Pool Closed	Pool Closed	Deepwater Aerobics	Pool Closed	Pool Closed	Pool Closed	Pool Closed
4:30pm	Lessons 4:30-5:20pm	Splish Splash for Kids 4:30-5:30	Pool Closed	Splish Splash for Kids 4:30-5:30	Pool Closed	Pool Closed	Pool Closed
5:30-6:30pm	Deepwater Aerobics or Boot Camp	Deepwater Aerobics	Pool Closed	Aqua Cycle or Core 'More	Pool Closed	Pool Closed	Pool Closed
6:30-7:30pm	Rusty Hinges	Lap Swim	Pool Closed	Rusty Hinges	Therapy (Open)Swim	Pool Closed	Pool Closed