


25 Yard Pool Schedule: January 6th-February 16th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Yard Pool is kept at 82 degrees.	8:00am-9:00am (4) Swim Fit (Adam) (2) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-10:00am (6) Lap Swim	5:30am-9:45am (6) Lap Swim	5:30am-10:00am (6) Lap Swim	5:30am-9:00am (6) Lap Swim	8:00am-11:00am (6) Lap Swim
Therapy Pool is kept at 92 degrees.	9:00am-10:00am (6) Lap Swim	9:45am-10:30am (4) Water Aerobics (Marsha) (2) Lap Swim	10:00am-10:45am (4) Swim Fit (Adam) (2) Lap Swim	9:45am-10:30am (3) Water Aerobics (Marsha) (3) Lap Swim	10:00am-11:00am (2) Family Swim (4) Lap Swim	9:00am-9:45am (3) Swim Lessons (3) Lap Swim	11:00am-12:00pm (6) Swim Lessons (0) Lap Swim
The shallow part of the 25 Yard Pool is 3 1/2 ft. deep & deepest part is 10 ft. deep.	10:00am-3:00pm (2) Family Swim (4) Lap Lanes Open	10:30am-4:00pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	10:30am-4:00pm (6) Lap Swim	9:45am-10:30am (3) Water Aerobics (Marsha) (3) Lap Swim	12:00pm-3:00pm (4) Lap Swim (2) Family Swim
Therapy Pool is 4ft 7in deep all around	THIS SCHEDULE IS SUBJECT TO CHANGE	4:00pm-5:00pm (6) Swim Lessons	4:00pm-8:30pm (2) Family Swim (4) Lap Swim	4:00pm-5:00pm (6) Swim Lessons	4:00pm-8:30pm (2) Family Swim (4) Lap Swim	10:30am-4:00pm (6) Lap Swim	
Please rinse off before entering pool		5:00pm-6:00pm (2) Family Swim (4) Lap Swim		5:00pm-6:00pm (2) Family Swim (4) Lap Swim			
Lap swimmers are encouraged to check with the lifeguard before beginning their workout. When demands exceed normal capacity, swimmers may be asked to circle swim		6:00pm-7:00pm (6) Swim Lessons		6:00pm-7:00pm (6) Swim Lessons			
		7:00pm-8:30pm (2) Family Swim (4) Lap Swim		7:00pm-8:30pm (2) Family Swim (4) Lap Swim			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-12:00pm Family Swim	5:30am-6:15am Adult Swim	5:30am-9:00am Adult Swim	5:30am-6:15am Adult Swim	5:30am-9:00am Adult Swim	5:30am-6:15am Adult Swim	8:00am-8:30am Adult Swim
	6:15am-7:00am Water Aerobics <i>(Cathy)</i>		6:15am-7:00am Water Aerobics <i>(Cathy)</i>		6:15am-7:00am Water Aerobics <i>(Cathy)</i>	8:30am-9:00am Aerobic Stretches Full Body <i>(Lesa)</i>
	7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim		7:00am-7:30am Adult Swim	9:00am-9:45am Water Aerobics <i>(Lesa)</i>
12:00pm-2:00pm Adult Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	9:00am-10:00am Family Swim	7:30am-8:15am Water Aerobics <i>(Gayle)</i>	10:00am-11:00am Swim Lessons
	8:15am-9:00am Adult Swim	10:00am-11:00am Swim Lessons	8:15am-9:00am Adult Swim	10:00am-11:00am Swim Lessons	8:15am-9:00am Adult Swim	11:00am-12:00pm Family Swim
	9:00am-9:45am Twinges <i>(Marsha)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Marsha)</i>	11:00am-11:45am Twinges <i>(Lifeguard)</i>	9:00am-9:45am Twinges <i>(Marsha)</i>	12:00pm-2:00pm Adult Swim
2:00pm-3:00pm Family Swim	9:45am-11:00am Family Swim	11:45am-2:00pm Adult Swim	9:45am-11:00am Family Swim	11:45am-2:00pm Adult Swim	9:45am-11:00am Family Swim	2:00pm-3:00pm Family Swim
	11:00am-11:45am Twinges <i>(Lifeguard)</i>	2:00pm-3:30pm Family Swim	11:00am-11:45am Twinges <i>(Lifeguard)</i>	2:00pm-3:30pm Family Swim	11:00am-11:45am Twinges <i>(Lifeguard)</i>	
	11:45am-2:00pm Adult Swim	3:30pm-4:00pm Adult Swim	11:45am-2:00pm Adult Swim	3:30pm-4:00pm Adult Swim	11:45am-2:00pm Adult Swim	
THIS SCHEDULE IS SUBJECT TO CHANGE	2:00pm-4:45pm Family Swim	4:00pm-5:00pm Water Aerobics <i>(Marigene)</i>	2:00pm-4:45pm Family Swim	4:00pm-5:00pm Water Aerobics <i>(Marigene)</i>	2:00pm-8:00pm Family Swim	
	4:45pm-5:30pm Swim Lessons	5:00pm-6:00pm Family Swim	4:45pm-5:30pm Swim Lessons	5:00pm-6:00pm Family Swim		
	5:30pm-6:15pm Water Aerobics <i>(Ronda)</i>	6:00pm-6:45pm Water Aerobics <i>(Barb)</i>	5:30pm-6:15pm Water Aerobics <i>(Ronda)</i>	6:00pm-6:45pm Water Aerobics <i>(Barb)</i>		
	6:30pm-7:30pm Swim Lessons	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>	6:30pm-7:30pm Swim Lessons	7:00pm-7:45pm Pre-Natal <i>(Deb)</i>		
	7:30pm-8:30pm Family Swim	7:45pm-8:30pm Family Swim	7:30pm-8:30pm Family Swim	7:45pm-8:30pm Family Swim		