



# 2009 SUMMER POOL USE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00								
5:15								
5:30		Masters 5-6am		Masters 5-6am				
5:45								
6:00								
6:15								
6:30								
6:45	Masters 6:30-7:30	Swim Team 6-8am	Swim Team 6-8am		Swim Team 6-8am			
7:00				Masters 6:30-7:30		Masters 6:30-7:30		
7:15								
7:30								
7:45								
8:00							Swim Team 7-10am	
8:15								
8:30	Deep Water 8-9am		Deep Water 8-9am		Deep Water 8-9am			
8:45								
9:00								
9:15	Core Aqua 9-10am	Shallow Aqua 9-10am		Shallow Aqua 9-10am	Core Aqua 9-10am			
9:30								
9:45	Camp 9:30-10	Camp 9:30-10		Camp 9:30-10	Camp 9:30-10			
10:00								
10:15								
10:30								
10:45	Swim Lessons 10-12pm	Swim Lessons 10-12pm	Swim Lessons 10-12pm	Swim Lessons 10-12pm				
11:00								
11:15								
11:30								
11:45								
12:00	Recommended Family Swim Time							
12:15								
12:30								
12:45								
1:00								
1:15								
1:30								
1:45								
2:00								
2:15								
2:30								
2:45								
3:00								
3:15								
3:30								
3:45								
4:00								
4:15								
4:30	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30				
4:45								
5:00	Lessons 3:30-5:30							
5:15	Swim Team 4-8pm			Swim Team 4-6pm				
5:30							Masters 5-6pm	
5:45								
6:00								
6:15								
6:30		Swim Team 4:30-7pm		Swim Team 5-7pm		Swim Team 4:30-7pm		
6:45								
7:00				Masters 6:30-7:30pm				
7:15		Deep Cardio Balst 7-8pm		Deep Cardio Balst 7-8pm				
7:30								
7:45								
8:00								
8:15								