

RECREATION CENTER POOL

January 2012



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00am	Lap swim	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED	
7:00 – 8:00am	LIQUID Cardio		LIQUID Cardio		LIQUID Cardio		
8:00 – 9:00am	LAP SWIM					LAP SWIM	Lap swim
Aqua Fitness 9:30 - 10:30	Aqua Fitness COMBO	Aqua Fitness COMBO	Aqua Fitness COMBO	Aqua Fitness COMBO*	Aqua Fitness COMBO	Aqua Fitness COMBO	LAP SWIM Limited Rec Swim
10:45– 11:45am	Lap Swim and Rec Swim	Aqua Fitness H2O Basics	Lap Swim and Rec Swim	Aqua Fitness H2O Basics	Lap Swim and Rec Swim	Lap Swim and Rec Swim	
12:00 – 1:00pm	RECREATION SWIM Diving board is available between 12:00pm-3:00 pm M/W diving board is available from 12-4:30 pm T/TH/F					INFLATIBLE LOBSTER / Diving 12:00 pm – 4:00pm Saturdays & Sundays	
1:00 – 2:00pm							
2:00 – 3:00pm							
3:00 – 5:00pm	Limited REC SWIM space <i>*Swim lessons Monday & Wednesday 3-5:15 Tuesday & Thursday 4:45-7</i>					LAP & Limited REC SWIM 5pm - close	
5:00– 6:00pm							
6:00 – 7:00pm							
7:00 – 8:00pm	LAP & Limited REC SWIM 6:30 pm - close					CLOSED	
8:00 – 9:00pm							

DURING ALL POOL HOURS 2 LANES WILL BE ALLOTTED FOR LAP SWIMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 LIQUID Cardio 9:30am COMBO	9:30 am COMBO 10:45am H2O Basics	7:00am LIQUID Cardio 9:30am COMBO	9:30am COMBO 10:45am H2O Basics	7:00 am LIQUID Cardio 9:30 am COMBO	9:30 am COMBO