

2012 Indoor Pool Schedule

We strive to maintain 2 Lap Lanes for Adult Lap Swim at all times

January 1 - February 29

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
5:30			5:45 - 6:45 am Stroke Improvement		5:45 - 6:45 am Stroke Improvement			5:30													
6:00								6:00													
6:30								6:30													
7:00	Pool Opens at 7:30 am	OPEN Swim		OPEN Swim		OPEN Swim	Pool Opens at 7:30 am	7:00													
7:30	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	7:30													
8:00								8 - 8:50 am Aquafit	8 - 8:50 am Aquafit	8:00											
8:30														8:30							
9:00								9 - 9:55 am Aquacize	9 - 9:55 am Aquacize	9 - 9:55 am Water Power	9 - 9:55 am Aquacize	9 - 9:55 am Water Power	9 - 9:55 am Aquacize	9:00							
9:30								LIFE GUARD TRAINING	CDC	OPEN Swim & Lap Swim	CDC	OPEN Swim & Lap Swim	OPEN Swim & Lap Swim	LIFE GUARD TRAINING	9:30						
10:00															9:30 - 10:30 am H2O Totally Fit						10:00
10:30																					10:30
11:00																					11:00
11:30																					11:30
12:00																MASTER SWIM		MASTER SWIM		MASTER SWIM	
12:30															12:30						
1:00			1 - 2 pm Heritage Center		1 - 2 pm Heritage Center										1:00						
1:30															1:30						
2:00															2:00						
2:30								2:30													
3:00								3:00													
3:30		OPEN Swim & Lap Swim		OPEN Swim & Lap Swim		OPEN Swim & Lap Swim		3:30													
4:00		4:15 - 5:15 AKK	4 - 5 pm Swim Team	4 - 5:30 pm Swim Team	4 - 5 pm Swim Team	2:15 - 3:15 AKK		4:00													
4:30						4 - 5:30 pm Swim Team		4:30													
5:00								5:00													
5:30		5:30 - 6:30 pm Youth Conditioning						5:30													
6:00		6 - 7 pm Get Fit/Get Wet		6 - 7 pm Get Fit/Get Wet	5:30 - 7:30 pm Group Swim Lessons	Pool Closes at 5:30 pm		6:00													
6:30	Pool Closes at 6:30 pm						Pool Closes at 6:30 pm	6:30													
7:00			7 - 8 pm Youth Conditioning	7 - 8 pm Youth Conditioning	7 - 8 pm Youth Conditioning																
7:30																					
8:00																					
8:30																					
9:00																					
9:30																					
	Pool Closes at 9:30 pm																				



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