

Recreational Pool

2010 Fall Sessions

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45		Aqua Boot Camp		Aqua Boot Camp			
6:45-7:45	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics	Warm Water Lap Swim	Aqua Aerobics		
7:45-8:30	Senior Aqua	Water Walking	Senior Aqua	Water Walking	Water Walking		
8:30-9:15	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	Senior Aqua	P/E Polliwog	
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim	P/E R/S	
10:00-10:45	R/S	R/S HHH*	R/S	R/S HHH*	Senior Open Swim		
11:00-12:00	Aqua-lates RH*	WWLS/ Open Swim	Aqua-lates RH*	WWLS/ Open Swim	Aqua-lates RH*		
12:00-1:00		WWLS/ Open Swim		WWLS/ Open Swim			
1:00-2:00		Senior Aqua		Senior Aqua		Open Swim	Open Swim
2:00-3:00						Open Swim	Open Swim
3:00-4:00	HSSC					Open Swim	Open Swim
4:30 - 5:15	P/E R/S Polliwog	P/E R/S Adapt-X	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim til 5 p.m.	Open Swim til 5 p.m.
5:20 - 6:05	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S Polliwog	Open Swim		
6:10 - 6:55	P/E R/S Polliwog	P-T Aqua Aerobics	P/E Polliwog	P/E Aqua Aerobics	Open Swim til 7 p.m.		
7:00 - 8:30	Open Swim	Open Swim	Open Swim	Open Swim			

Pool Closed Dates November 5, 2010 (PM only)
November 6, 2010

*** Rusty Hinges class time is 10:45-11:30 AM**
*** Hoppin Happy Hinges class time is 10:15-11 AM**

KEY P/E = Pike/Eel RH = Rusty Hinges
R/S = Ray/Starfish HHH = Hoppin Happy Hinges
P-T = Parent-Tot Adapt-X = Adaptive Aerobics
WWLS = Warm Water Lap Swim
FRIDAY Open Swim time is 6 pm until after Labor Day

