

Recreational Pool

2010 Spring I Session

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 R/S 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 P-T		
11:00-12:00	Aqua-lates RH*	Silver Splash	Aqua-lates RH*	Silver Splash	Aqua-lates RH*		
12:00-1:00		Warm Water Lap Swim		Warm Water Lap Swim			
1:00-2:00		Senior Aqua		Senior Aqua		Open Swim	Open Swim
2:15-3:00						Open Swim	Open Swim
3:00-3:45			HSSC			Open Swim	Open Swim
4:00 - 4:45	P/E Polliwog	P/E R/S Adapt-X*	P/E Polliwog	P/E R/S	Open Swim	Open Swim	Open Swim
4:50 - 5:35	P/E R/S Polliwog	P/E R/S	P/E R/S Polliwog	P/E R/S	Open Swim	Open Swim til 5 PM	Open Swim til 5 PM
5:40 - 6:25	P/E Polliwog	Aqua Aerobics P-T	P/E Polliwog	Aqua Aerobics	Open Swim		
6:30 - 8:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim til 7 PM		

Pool Closed Dates March 6 (all day)
March 7 (all day)

- * **Rusty Hinges class time is 10:45-11:30 AM**
- * **Hoppin Happy Hinges class time is 10:15-11 AM**
- * **Adaptive Aerobics class time is 4:30-5:15 PM**

KEY P/E = Pike/Eel RH = Rusty Hinges
 R/S = Ray/Starfish HHH = Hoppin Happy Hinges
 S+ = Starfish Plus HSSC = Home school swim club
 P-T = Parent-Tot Adapt-X = Adaptive Aerobics