

# Recreational Pool

# 2010 Summer II 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		
9:15-10:00	P/E	P/E	P/E	P/E	Senior Open Swim		
10:00-10:45	R/S Polliwog	R/S HHH*	R/S Polliwog	R/S HHH*	Senior Open Swim		
11:00-12:00	Aqua-lates RH*	Warm Water Lap Swim	Aqua-lates RH*	Warm Water Lap Swim	Aqua-lates RH*		
12:00-1:00		Warm Water Lap Swim		Warm Water Lap Swim			
1:00-2:00	Open Swim	Senior Aqua	Open Swim	Senior Aqua	Open Swim	Open Swim	Open Swim
2:00-3:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00-4:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	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	Open Swim
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	Open Swim	Open Swim
6:10 - 6:55	P/E R/S Polliwog	P-T Aqua Aerobics	P/E Polliwog	P/E Aqua Aerobics			
7:00 - 8:30	Open Swim	Open Swim	Open Swim	Open Swim			

\* 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

