

# March 2010 Aquatic Schedule



Two lanes will be reserved for Private swim lessons 3:30pm - 7:30pm  
Monday through Friday and 8 am to 12 pm on Saturdays.

| LAP POOL   |                  |                         |                  |                         |  |                         |               |             |
|------------|------------------|-------------------------|------------------|-------------------------|--|-------------------------|---------------|-------------|
| Time       | Monday           | Tuesday                 | Wednesday        | Thursday                | Friday   | Time                    | Saturday      | Sunday      |
| 5:30 a.m.  | Water Cycling    |                         | Aqua - Fit       |                         | Water Cycling  | 8:30 a.m.               | Water Cycling |             |
| 8:30 a.m.  | Water Cycling    | Basic Training          | A B C's          | Water Weights           | Water Cycling  |                         |               |             |
| 12:00 p.m. | Aqua - Fit       |                         | Aqua - Fit       |                         | Aqua - Fit   |                         |               |             |
| 4:00 p.m.  |                  | Swim Team Prep          |                  | Swim Team Prep          | Swim Team Prep   | 12:00 p.m. to 3:00 p.m. | Family Swim   | Family Swim |
| 5:30 p.m.  |                  | Supervised Swim (M-n-M) | Aqua-Fit         | Supervised Swim (M-n-M) | Family Swim<br><small>1st Fri/Month 5 - 8 p.m.</small> |                         |               |             |
| 6:30 p.m.  | Stroke Technique |                         | Stroke Technique |                         |  |                         |               |             |
|            |                  |                         |                  |                         |  |                         |               |             |

Direct parental supervision required at all times.

| WARM WATER POOL |                              |                             |                              |                             |                              |                         |             |             |
|-----------------|------------------------------|-----------------------------|------------------------------|-----------------------------|------------------------------|-------------------------|-------------|-------------|
| Time            | Monday                       | Tuesday                     | Wednesday                    | Thursday                    | Friday                       | Time                    | Saturday    | Sunday      |
| 8:00 a.m.       | Specialized Aqua Exercise I  | Specialized Aqua Exercise I | Specialized Aqua Exercise I  | Specialized Aqua Exercise I | Specialized Aqua Exercise I  | 9:30 a.m.               | WW Aqua-Fit |             |
| 9:00 a.m.       | WW Aqua-Fit                  | WW Aqua-Fit                 | WW Aqua-Fit                  | WW Aqua-Fit                 | WW Aqua-Fit                  |                         |             |             |
| 10:00 a.m.      | Closed for Therapy           | Aqua Walk & Stretch         | Closed for Therapy           | Aqua Walk & Stretch         | Closed for Therapy           |                         |             |             |
| 11:00 a.m.      | Specialized Aqua Exercise II | Specialized Aqua Exercise I | Specialized Aqua Exercise II | Specialized Aqua Exercise I | Specialized Aqua Exercise II | 12:00 p.m. to 3:00 p.m. | Family Swim | Family Swim |
| 12:00 p.m.      |                              | WW Aqua-fit                 |                              | WW Aqua-Fit                 |                              |                         |             |             |
| 1:00 p.m.       | WW Aqua-Fit                  | Aqua-Fusion                 | WW Aqua-Fit                  | Aqua-Fusion                 | WW Aqua-Fit                  |                         |             |             |
| 2-3:00 p.m.     |                              | Closed for Therapy          |                              | Closed for Therapy          |                              |                         |             |             |
| 5:30 p.m.       | WW Aqua-fit                  | A B C's                     |                              | A B C's                     |                              |                         |             |             |

Direct parental supervision required at all times.

## Regularly Scheduled Aquatic Events

- Family Swim – This is open swim time when families are invited to come and enjoy the pools together. Participants must be at least 6 months old. A parent or legal guardian must directly supervise their own children at all times.
- Hydrostatic Weighing – is the first Saturday of every month. During the this time the Warm Water Pool is unavailable from 8am – 12pm
- Kidz Klub – a program for kids coordinated through the activities department. Please contact 624-3416 for more information.
- Kids Night Out – 3rd Friday of every month. Fun night for kids including a movie, dinner, swimming, and much more. Pool use 6 – 7 pm.