

East Pool Schedule

Schedules subject to change.

Effective: Feb 22 - April 10, 2010



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN	
5:30 am								
6:30								
7:00								
7:30	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open 8:15-9:45 a		
8:00	7:30-9 a	7:30-10 a	7:30-9 a	7:30-10 a	7:30-9 a			
8:30								
9:00	AOA		AOA		AOA	Youth Lessons 9:45 a-12:30 p		
9:30	9-10 a		9-10 a		9-10 a			
10:00	CDC/Schools 10-11 a							Youth Lessons 10:45-11:30 a
10:30	Youth Lessons 10:45-11:15 a		Youth Lessons 10:45-11:30 a		Parent Child 11:15 a-12:30 p			
11:00								
12 pm	Parent Child 11:15 a-12:30 p			Parent Child 11:30 a-12:30 p	Parent Child 11:15 a-12:30 p	Par/Child & Youth 1:15-3 p		
12:30	Adult Open 11:15 a-2 p			Adult 11:30 a-2 pm	Adult 11:15 1-2 p			Adult 12:30-2 p
1:00			CDC 1-2 pm					
1:30							Adult 3-4:15 p	
2:00	Arth Aquatics 2-3 p		Arth Aquatics 2-3 p	Home School 2-2:45 p	Arth Aquatics 2-3 p	Youth 2-4 p		
2:30								
3:00	CDC 3-4 p					Parent/Child 4-6 p		
3:30								
4:00		Youth Swim/CDC 4-4:45 p		Youth Swim 4-4:45p				
4:30	Youth Lessons 4-6:15 p	Youth Lessons 4:45-6:15 p	Youth Lessons 4-6:15 p	Youth Lessons 4:45-6:15 p				
5:00					Youth 5-6:45 p			
5:30	Cardio Aquacise 6:15-7:15 p	Parent/Child 6:15-7 p	Cardio Aquacise 6:15-7:15 p	Parent/Child & Youth 6:15-8 p		Adult Open 6-8 pm		
6:00	Parent/Child & Youth 7:15-8:15 p	Youth 7-8 p	Parent/Child & Youth 7:15-8:15 p		Parent/Child 6:45-8			
6:30								
7:00		Adult Open 8-9 p		Adult Open 8-9 p				
7:30	Adult 8:15-9 p		Adult 8:15-9 p					
8:00								
8:30								
9:00								

Rehab Whirlpool Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
7:30-9 am 10 am-2 pm 3-8:30 pm	7:30-10 am 10 am-2 pm 3-8:30 pm	7:30-9 am 10 am-2 pm 3-8:30 pm	7:30-10 am 10 am-2 pm 3-8:30 pm	7:30-9 am 10 am-2 pm 5-8:30 pm	8:15 am-8 pm	1:15-4 pm

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