

**EXERCISE POOL SCHEDULE..... Effective: January 3, 2010**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30 - 7:00</b>	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim	5:30 - 7:00 Open Swim		
<b>7:00 - 8:00</b>	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:00 - 9:00 Open Swim	7:00 am - 9:00 pm Open Swim
<b>8:00 - 9:00</b>	<p><b>During physical therapy times, the exercise pool will be available for limited member use. Member capacity will be limited to 6 persons during this time. THERE IS NO OPEN SWIM FOR YOUTH AT THIS TIME.</b></p>					8:30 - 9:00 Adult Lessons	
<b>9:00 - 10:00</b>	<p><b>During physical therapy times, the exercise pool will be available for limited member use. Member capacity will be limited to 6 persons during this time. THERE IS NO OPEN SWIM FOR YOUTH AT THIS TIME.</b></p>					9:00 - 11:00 Group Swim Lessons	7:00 am - 9:00 pm Open Swim
<b>10:00 - 11:00</b>	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy	7:15 - 12:00 Physical Therapy		
<b>11:00 - 12:00</b>							
<b>12:00 - 1:00</b>	12:00 - 1:00 Open Swim 12:00-1:00 Splishes/ Splashes	12:00 - 2:00 Open Swim	12:00 - 12:50 Noon Water Exercise	12:00 - 2:00 Open Swim	12:00 - 12:50 Noon Water Exercise	11:00 am - 9:00 pm Open Swim	7:00 am - 9:00 pm Open Swim
<b>1:00 - 2:00</b>	1:00 - 4:00 Physical Therapy		1:00 - 4:00 Physical Therapy				
<b>2:00 - 3:00</b>		2:00 - 2:45 Arthritis/Nice & Easy		2:00 - 2:45 Arthritis/Nice & Easy		11:00 am - 9:00 pm Open Swim	7:00 am - 9:00 pm Open Swim
<b>3:00 - 4:00</b>		2:45 - 5:00 Open Swim 3:00 Splishes/Splashes		2:45 - 5:00 Open Swim 3:00 - 3:30 Splishes/Splashes			
<b>4:00 - 5:00</b>	4:00 - 4:45 Open Swim	4:30 - 5:00/Group (Deep end open swim)	4:00 - 7:00 Group Lessons	4:30 - 5:00/Group (Deep end open swim)			
<b>5:00 - 6:00</b>	4:45 - 5:30 ABC 5:30-6:00 Open Swim	5:00 - 6:30 Group Swim Lessons <b>NO OPEN SWIM!</b>	4:45 - 5:30 Active Arthritis Cardio/Strength/Interval 5:30 - 6:00 Flounders Swim Team	5:00 - 6:30 Group Swim Lessons <b>NO OPEN SWIM!</b>	4:00 - 10:00 Open Swim	11:00 am - 9:00 pm Open Swim	7:00 am - 9:00 pm Open Swim
<b>6:00 - 7:00</b>	6:00 - 6:50 ABC		6:00-7:00 Swim Lessons (Deep end open swim)	6:30 - 7:00 (Deep end open swim)	6:00 - 6:45 Aqua Fun (Deep end open swim)		
<b>7:00 - 8:00</b>	6:50 - 10:00 Open Swim	6:30 - 10:00  Open Swim	6:45 - 10:00  Open Swim	6:30 - 10:00  Open Swim	4:00 - 10:00 Open Swim		
<b>8:00 - 9:00</b>							
<b>9:00 - 10:00</b>						<p><b>PLEASE NOTE: Private Lessons may occur at any time. Please be considerate of them.</b></p>	