

# August 2010

# Summer Pool Schedule

|   | Mon                             | Tue                            | Wed                          | Thu                            | Fri                             | Sat                            |
|---|---------------------------------|--------------------------------|------------------------------|--------------------------------|---------------------------------|--------------------------------|
| <b>7:30a</b>  | Cardio & Muscle<br>:60 Cathrine |                                | Cardio & Muscle<br>:60 Terry |                                | Cardio & Muscle<br>:60 Cathrine |                                |
| <b>8:30a</b>  | Cardio & Muscle<br>:60 Anita    | Cardio & Muscle<br>:60 Rotates | Cardio & Muscle<br>:60 Anita | Cardio & Muscle<br>:60 Roxanne | Cardio & Muscle<br>:60 Rotates  |                                |
| <b>9:00a</b>  |                                 |                                |                              |                                |                                 | Cardio & Muscle<br>:60 Rotates |
| <b>9:30a</b>  | Ai Chi<br>:30 Anita             |                                | Aqua Noodle<br>:60 Heather   |                                | Aqua Noodle<br>:60 Heather      |                                |
| <b>10:00a</b>   |                                 |                                |                              |                                |                                 | Toning & Abs<br>:30 Rotates    |
| <b>10:30a</b>   | Fibro/Arthritis<br>:60 Anita    |                                | Fibro/Arthritis<br>:60 Anita |                                | Fibro/Arthritis<br>:60 Heather  |                                |
| <b>11:30a - 12:30p Kids Kamp - Attendance varies</b>        |                                 |                                |                              |                                |                                 |                                |
| <b>11:30a - 5:00p Swim Lessons - Max. 4 kids in lessons</b> |                                 |                                |                              |                                |                                 |                                |
| <b>2:30p - 3:30p Kids Kamp - Attendance varies</b>          |                                 |                                |                              |                                |                                 |                                |
| <b>5:45p</b>  | Cardio & Muscle<br>:60 Felice   | Cardio & Muscle<br>:60 Felice  | Cardio & Muscle<br>:60 Larry | Cardio & Muscle<br>:60 Arlene  |                                 |                                |



Pool is open during regular club hours.

- = Open Swim
- = Pool in Use  
Check with Instructor

Pool is available for Open Swim during class (unless scheduled class is full) as well as during Swim Lessons and Kids Kamp. Check with instructors or counselors.