

## CENTRAL SHALLOW & DEEP POOLS

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Time
	SP	DP	SP	DP	SP	DP	SP	DP	SP	DP	SP	DP	SP	DP	
5:15-5:30															5:15-5:30
5:30-6:00															5:30-6:00
6:00-6:30		LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY		LAP SWIM ONLY					6:00-6:30
6:30-7:00	AQUA ROBICS				AQUA ROBICS				AQUA ROBICS						6:30-7:00
7:00-7:30															7:00-7:30
7:30-8:00	OPEN SWIM	H2O RUN/ OPEN SWIM			OPEN SWIM	H2O RUN/ OPEN SWIM			OPEN SWIM	H2O RUN/ OPEN SWIM					7:30-8:00
8:00-8:30			AQUA ZUMBA												8:00-8:30
8:30-9:00	H2O EXERCISE				H2O EXERCISE				H2O EXERCISE						8:30-9:00
9:00-9:30			TWINGES in HINGES				TWINGES in HINGES								9:00-9:30
9:30-10:00		OPEN SWIM		OPEN SWIM		OPEN SWIM		OPEN SWIM		OPEN SWIM					9:30-10:00
10:00-10:30	RES. FOR GROUPS				MS CLASS										10:00-10:30
10:30-11:00			RES. FOR GROUPS		RES. FOR GROUPS		RES. FOR GROUPS		RES. FOR GROUPS						10:30-11:00
11:00-11:30															11:00-11:30
11:30-12:00				LAP SWIM ONLY				LAP SWIM ONLY			SWIM LESSONS				11:30-12:00
12:00-12:30	H2O EXERCISE	LAP SWIM ONLY	AQUA ROBICS		H2O EXERCISE	LAP SWIM ONLY	AQUA ROBICS		H2O EXERCISE	LAP SWIM ONLY		OPEN SWIM			12:00-12:30
12:30-1:00															12:30-1:00
1:00-1:30															1:00-1:30
1:30-2:00	RES. FOR GROUPS				RES. FOR GROUPS		OPEN SWIM		RES. FOR GROUPS				POOL PARTIES		1:30-2:00
2:00-2:30		OPEN SWIM	OPEN SWIM			OPEN SWIM		OPEN SWIM		OPEN SWIM				OPEN SWIM	2:00-2:30
2:30-3:00											POOL PARTIES				2:30-3:00
3:00-3:30															3:00-3:30
3:30-4:00	OPEN SWIM				OPEN SWIM				OPEN SWIM						3:30-4:00
4:00-4:30		SWIM TEAM	LAP SWIM ONLY			SWIM TEAM	LAP SWIM ONLY			SWIM TEAM					4:00-4:30
4:30-5:00	SWIM TEAM/ LAP SWIM				SWIM TEAM/ LAP SWIM				SWIM TEAM/ LAP SWIM						4:30-5:00
5:00-5:30		LAP SWIM ONLY				LAP SWIM ONLY				LAP SWIM ONLY	OPEN SWIM				5:00-5:30
5:30-6:00	AQUA ROBICS		SWIM LESSONS/ LAP SWIM	SWIM TEAM	AQUA ROBICS		SWIM LESSONS/ LAP SWIM	SWIM TEAM	AQUA ROBICS						5:30-6:00
6:00-6:30															6:00-6:30
6:30-7:00	SWIM TEAM/ LAP SWIM				SWIM TEAM/ LAP SWIM										6:30-7:00
7:00-7:30		SWIM TEAM				SWIM TEAM			OPEN SWIM	SWIM TEAM					7:00-7:30
7:30-8:00	OPEN SWIM		OPEN SWIM		OPEN SWIM		OPEN SWIM								7:30-8:00
8:00-8:30															8:00-8:30
8:30-9:00															8:30-9:00