

Senior Center Pool Schedule

June 1 - September 5, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Classic		Classic		
6:30	Classic	6:15-7:15	Classic	6:15-7:15	Classic	
7:00	6:30-7:30		6:30-7:30		6:30-7:30	
7:30	Classic		Classic		Classic/Volleyball	
8:00	7:30-8:30	Classic	7:30-8:30	Classic	7:30-8:30	
8:30	Stretch & Tone	8:00-9:00	Stretch & Tone	8:00-9:00	Stretch & Tone	
9:00	8:30-9:15	Basic	8:30-9:15	Basic	8:30-9:15	
9:30	Classic	9:00-10:00	Classic	9:00-10:00	Classic	
10:00	9:30-10:30	Classic	9:30-10:30	Classic	9:30-10:30	
10:30		10:00-11:00	Drop-in Volleyball	10:00-11:00		
11:00			10:30-11:30			
11:30						
12:00	Twinges +	Cardio Strength	Twinges +	Cardio Strength	Twinges +	
12:30	12:15-1:15	12:15-1:00	12:15-1:15	12:15-1:00	12:15-1:15	
1:00						
1:30	Twinges +		Twinges +		Twinges +	
2:00	1:30-2:30		1:30-2:30		1:30-2:30	
2:30						
3:00						
3:30						
4:00	Aqua-Natal	Classic	Aqua-Natal	Classic	Aqua-Natal	
4:30	4:15-5:15	4:00-5:00	4:15-5:15	4:00-5:00	4:15-5:15	
5:00	Classic		Classic		Classic	
5:30	5:15-6:15	Classic/Aqua Box	5:15-6:15	Classic/Aqua Box	5:15-6:15	
6:00	Basic	5:15-6:15	Basic	5:15-6:15	Basic	
6:30	6:15-7:00		6:15-7:00		6:15-7:00	
7:00	Aqua-Natal	Classic	Aqua-Natal	Classic		
7:30	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00		

Pool Hours: **Monday - Friday: 6am to 8pm**
Saturday: 9am to 3pm
Closed Sundays

* No Classes August 4-18, September 1



Pool space is limited to two lanes during scheduled classes and programs; sharing lanes at this time is expected. For class registration information, please pick up a copy of the Pathways brochure at the front desk.