

# Indoor Exercise Pool

# November 4 - December 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00-6:00am	<b>Open Swim</b>					<b>Pool Closed</b>			
6:00-7:00am	6:00-6:45am Splash		6:00-6:45am Splash		6:00-6:45am Splash				
7:00-8:00am	6:45-7:30am *Water Works 3		6:45-7:30am *Water Works 3		6:45-7:30am *Water Works 3				
8:00-9:00am	8:00-8:45am *Water Walking	8:00-8:45am *Strength & Stretch	8:00-8:45am *Water Walking	8:00-8:45am *Strength & Stretch	8:00-8:45am *Water Walking	<b>Open Swim</b>			
9:00-10:00am		9:00-9:45am *Water Works 2		9:00-9:45am *Water Works 2					
10:00-11:00am		10:00-10:45am *Dev. Disabled		10:00-10:45am *Dev. Disabled	10:00-10:45am *Aqua Float				
11:00-12:00pm		11:00-11:45am *Aqua Float							
12:00-1:00pm	12:00-12:45pm *Water Works 1		12:00-12:45pm *Water Works 1		12:00-12:45pm *Water Works 1				
1:00-2:00pm	1:00-1:45pm *Water Works 2		1:00-1:45pm *Water Works 2	1:00-1:45pm *Aqua Float		1:00-1:45pm *Aqua Float			
2:00-3:00pm	<b>Open Swim</b>					<b>Open Swim</b>  7am-9pm			
3:00-4:00pm									
4:00-5:00pm									
5:00-6:00pm	5:15-6:00pm *Arthritis Plus	5:15-6:00pm *Water Works 3	5:15-6:00pm *Arthritis Plus	5:15-6:00pm *Water Works 3					
6:00-7:00pm		6:30-7:15pm *Wt. Management	6:30-7:10pm Swim Lessons	6:30-7:15pm *Wt. Management					
7:00-8:00pm	<b>Open Swim</b>					<b>Open Swim</b>  7am-9pm			
8:00-9:00									
9:00-10:00									
								<b>Pool Closed</b>	
	<b>Club Closes Monday - Friday 10pm Saturday &amp; Sunday 9pm</b>								