

Open Swim

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REGIONAL HEALTH & FITNESS CENTER

POOL SCHEDULE

			TOOL SCHEDULE		
MONDAY	<u>TUESDAY</u>	WEDNESDAY	THURSDAY	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00AM-8:15AM	6:00AM-7:00AM	6:00AM-8:15AM	6:00AM-10:45AM	6:00AM-8:15AM	7:30AM-4:00PM
OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
During AQUA	FIT & WATER BLAS	T classes. ONE LA	P LANE WILL BE A	VAILABLE FOR LAP	SWIMMING.
8:30-9:15AM	7:00-8:00AM	8:30-9:15AM	8:30AM-12:00PM	8:30-9:15AM	
AQUA FIT	SILVER FINS (Lanes #1&2)	AQUA FIT	SWIM LESSONS	AQUA FIT	
-Rotation	,	-Rotation	Occupy 1-2 lanes	-Laura	
9:30-10:15AM	8:30AM-12:00PM	9:30-10:15AM	8:30AM-12:00PM	9:30-10:15AM	
Water Blast!	SWIM LESSONS	Water Blast!	SWIM LESSONS	Water Blast!	
-Rotation	Occupy 1-2 lanes	-Rotation	Occupy 1-2 lanes	-Laura	
10:30-11:15AM	, ve	× 10:30-11:15AM		10:30-11:15AM	
DEEP WATER		DEEP WATER		DEEP WATER	
-Rotation		-Debbie		-Rotation	
	11:00-11:45AM		11:00-11:45AM	11:15AM-7:00PM	
	Fluid Motion	OPEN SWIM	Fluid Motion	OPEN SWIM	
	-Lynn		-Rotation		
11:15AM-3:15PM	1:30PM-3:30PM	1:30PM-3:30PM	1:30PM-3:30PM	Birthday Party	Birthday Party
OPEN SWIM	Therapy Patients (Occupies 1	Therapy Patients	Therapy Patients (Occupies 1	Reservations	Reservations
	lane)	(Occupies 1 lane)	lane)	7:00PM-8:00PM	4:00PM-5:00PM
3:15PM-6:00PM	2,20nm F-20nm	3:15PM-6:00PM	3:30pm-5:30pm		Ba
Swim Team SWIM	3:30pm-5:30pm Swim Team Practice	SWIM	Swim Team Practice		
Practice Lessons	Occupy Lanes 1-3	LESSONS	Occupy Lanes 1-3	$\Lambda \Pi / \Lambda$	
Occupy Lanes 1-3		Occupy Lanes 1-2			
6:00PM-8:00PM	5:45-6:30PM		5:45-6:30PM		
Open Swim	SPLASH		SPLASH		
	-Lisa		- Elisabeth		
	6:30PM-8:00PM	6:30PM-8:00PM	6:30PM-8:00PM	HAVW	700D
	Open Swim	Open Swim	Open Swim	I II II W	O FITNIESS SENITED