

## Main Pool Schedule (Subject To Change) 2010 Spring: March 1 - May 31

During busy times we ask that you be polite to other lap swimming members and share your lane appropriately following lap swim guidelines. It is possible that there will not be open space for free swimming on busy evenings. Day & Short Term Groups do not appear on the schedule.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM		Member Swim		Member Swim		Member Swim	
6:00 AM							
6:30 AM							
7:00 AM			Member Swim		Member Swim		Member Swim
7:30 AM							
8:00 AM							Adult Lessons 8:20-8:50
8:30 AM		Aqua Jog 8:30-9:15		Aqua Jog 8:30-9:15		Aqua Jog 8:30-9:15	
9:00 AM							Swim Lessons 9:00-10:50
9:30 AM		Aquacise 9:15-10	HRDC Lessons 9:30-11:00	Aquacise 9:15-10	HRDC Lessons 9:30-11:00	Aquacise 9:15-10	Spec. Olym. 11-12
10:00 AM						HRDC Lessons 10:00-10:45	Floor Hockey Swim 11:00-12:00
10:30 AM							
11:00 AM							
11:30 AM			Member Swim		Member Swim		
12:00 PM							
12:30 PM							
1:00 PM	Member Swim	Member Swim		Member Swim		Member Swim	
1:30 PM							
2:00 PM					Home School Swimming 2:15-3:15		
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM						Y Child Care 4:00-5:00	
5:00 PM						Y Teens 5:00-6:00	
5:30 PM						Swim Lessons 5:30-7:20 pm	
6:00 PM						Swim Team Boot Camp 6-7:30	
6:30 PM							
7:00 PM						Adult Lessons 7:30-8:00	
7:30 PM						Member Swim	
8:00 PM		Member Swim		Member Swim			
8:30 PM							
9:00 PM			Member Swim				
9:30 PM							

\*Please see the Main Pool lane schedule for specific lane usage & availability.

	Member Swim has 4-6 lanes set up for Lap Swimming and 1-2 for open water activities. Be sure to follow lap swim guidelines.	
	Aquatic Exercise classes generally use 4 lanes of open space for class.	
	Swim Lessons will use up to 3 lanes at a time.	
	Sea Otters Swim Team will use up to 5 lanes at any one time.	
		Groups using the pool swim in 2-3 lanes of open space.
	The Pool Facility Is Closed	

### IMPORTANT! SCHEDULE NOTES:

Regular Swim Team Practices end March 12 and will resume for Summer Swim Team May 17 from 6-8pm.

ARC Lifeguard Classes will meet Tuesday evening from 5:30-8pm and Saturdays from 8am-5pm in March and in May on Saturdays from 8am-5pm. A YMCA Lifeguard Course will be meeting Tuesday & Thursday nights from 6-10 pm the last two weeks of April and the first two weeks of May.

SCUBA training runs Wednesday evenings from 7-10 pm in the pool April 14 to May 12

