

Lap Swim February 2012

Lap times are highlighted in Gray
Water Aerobic & Swim lessons on reverse

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1	2 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	3 5:00- 7:45am 9:00 am-4:00pm 4:00-6:00pm -W.A. Perry 6:30-7:45pm Family Swim Time	4 8:00-9:00am 1:45-2:45pm - Family swim Time 2:45-5:45pm
5 1:00-2:00pm 2:00-4:00 pm - Family swim time 4:00 - 5:15pm	6 5:00- 7:45am 9:00-2:00 pm 3:00-4:00pm 6:15-8:45pm	7 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	8 5:00- 7:45am 9:00am-4:00pm 6:15-8:45pm	9 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	10 5:00- 7:45am 9:00am-6:30pm 6:30-7:45pm Family Swim Time	11 8:00-9:00am 1:45-2:45pm - Family swim Time 2:45-5:45pm
12 1:00-2:00 pm 2:00-4:00pm - Family swim time 4:00 - 5:15pm	13 5:00- 7:45am 9:00-2:00 pm 3:00-4:00pm 6:15-8:45pm	14 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	15 5:00- 7:45am 9:00am-4:00pm 6:15-8:45pm	16 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	17 5:00- 7:45am 9:00am-4:00pm 4:00-6:00pm -W.A. Perry 6:30-7:45pm Family Swim Time	18 8:00-9:00am 1:45-2:45pm - Family swim Time 2:45-5:45pm
19 1:00-2:00pm 2:00-4:00pm Family swim time 4:00 - 5:15pm	20 5:00- 7:45am 9:00-2:00 pm 3:00-4:00pm 6:15-8:45pm	21 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	22 5:00- 7:45am 9:00am-4:00pm 6:15-8:45pm	23 5:00- 7:45am 8:30am-3:15pm 4:15-5:15pm 6:15-6:30pm 8:15-8:45pm	24 5:00- 7:45am 9:00am-4:00pm 6:15-8:45pm	25 8:00-9:00am 1:45-2:45pm - Family swim Time 2:45-5:45pm
26 1:00-2:00pm 2:00-4:00pm Family swim time 4:00 - 5:15pm Pool Closed: Merry Christmas!	27 5:00- 7:45am 9:00-2:00 pm 3:00-4:00pm 6:15-8:45pm					

Water Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep W.E. 7:45-8:30am Jennifer/Demetra	Deep W.E. 7:45-8:30am Winifred	Deep W.E. 7:45-8:30am Jennifer	Deep W.E. 7:45-8:30am Jennifer	Deep W.E. 7:45-8:30am Karen		
Aqua Tone 8:30-9:00am Jennifer				Aqua Tone 8:30-9:00am Karen	Deep W.E. 9:00-10:00am Pat	
Aqua Conditioning 4:00-5:00pm Demetra		Weights H2O 4:00-5:00 pm Demetra			Aqua Conditioning 10:00-11:00am Demetra	
Waterworks 5:15-6:15pm Connie	Waterworks 5:15-6:15pm Connie	Waterworks 5:15-6:15pm Connie	Waterworks 5:15-6:15pm Connie			

Swim Lessons:

Tuesdays- 6:30pm-8:15pm
 Thursdays-6:30pm- 8:15pm
 Saturday-11:00am-12:45pm

Home School Swim & Gym:

EVERY Monday 2:00-3:00 pm