

## INDOOR POOL SCHEDULE— JANUARY 2012

Classes scheduled in the REC POOL use the entire pool unless noted.

**POOLS CLOSED FOR MAINTENANCE 1/1-1/6.**

**SWIMA-MERICA ON BREAK 12/18-1/6.**

The Lap Pool has 5 lanes. The schedule shows the number of lanes each program needs.

\*Please note: There is always one indoor lane for open lap swimming regardless of programming.

There are 2 lap lanes in the outdoor pool.

REC POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REC POOL Morning		Water Aerobics 8:30-9:30 AM	Water Aerobics 8:00-9:00 AM	Water Aerobics 8:30-9:30 AM			Water Aerobics 10:15-11:15 AM
		SwimAmerica AquaShrimps 9:30-11 AM	SwimAmerica AquaShrimps 9:00-11 AM	SwimAmerica AquaShrimps 9:30-11:30 AM		SwimAmerica AquaShrimps 9:15-11 AM	
REC POOL Afternoon		Arthritis Foundation Water Exercise 2:00-3:00 PM				<b>LIFEGUARDS SCHEDULED</b> 10:00-6:00 WEEKDAYS 11:00-6:00 WEEKENDS 12/17-12/30	
	SwimAmerica 4:30-5:30 PM	SwimAmerica 4:30-6:00 PM	SwimAmerica 4:30-5:30 PM	SwimAmerica 4:30-6:00 PM			
REC POOL Evening	Water Aerobics 6:00-7:00 PM		Water Aerobics 6:00-7:00 PM		Water Aerobics 5:00-6:00 PM		
LAP POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP POOL Early AM	Masters 5:45-6:45 AM Uses: 4 lanes		Masters 5:45-6:45 AM Uses: 4 lanes		Masters 5:45-6:45 AM Uses: 4 lanes	Lakeshore Whitecaps Swim Team (kids) 7:45-10:15 AM Uses: 2 lanes	
LAP POOL Mid-Morning	Water Aerobics Workout 9:15-10:15 AM Uses: 2-3 lanes	SwimAmerica 9:15-11 AM Uses 2 lanes	SwimAmerica 9:30-11 AM Uses 2 lanes	SwimAmerica 9:15-11:00 AM Uses 2 lanes	Water Aerobics Workout 9:15-10:15 AM Uses: 2-3 lanes	Water Aerobics Workout 9:00-10:00 AM Uses: 2lanes	
						SwimAmerica 10:15-11:45 AM Uses 2 - 3 lanes	
LAP POOL Lunchtime	Masters Swim 12-1 PM Uses: 4 lanes	Adult Beginners Swim Workout 12-1 PM Uses: 3-4 lanes	Masters Swim 12-1 PM Uses: 4 lanes	Adult Beginners Swim Workout 12-1 PM Uses: 3-4 lanes	<b>HOLIDAY CLUB HOURS</b> 12/31 7:00-1:00 1/1 7:00-3:00		
LAP POOL Afternoon	SwimAmerica 4:00-5:30PM Uses 2-4 lanes	SwimAmerica 4:00-6:00PM Uses 2-4 lanes	SwimAmerica 4:00-5:30PM Uses 2-4 lanes	SwimAmerica 4:00-6:00 PM Uses 2-4 lanes			
LAP POOL Evening	Lakeshore Whitecaps Swim Team (kids) 5:30-8:00 PM Uses: 2-3 lanes	Lakeshore Whitecaps Swim Team (kids) 5:30-8:00 PM Uses: 2-3 lanes	Lakeshore Whitecaps Swim Team (kids) 5:30-8:00 PM Uses: 2-3 lanes	Lakeshore Whitecaps Swim Team (kids) 5:30-8:00 PM Uses: 2-3 lanes			

