

POOL SCHEDULE—OCTOBER 2010

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

WATER PARK
Pool opens at 5AM & closes 1/2 hour before the facility.

Lifeguards on duty:
Weekends only 10-6 PM

Slide & Play Structure:
Weekends 11 AM-6 PM

The Lap Pool has 5 lanes. The schedule shows the number of lanes each program needs.
*Please note: There is always one lane for open lap swimming regardless of programming.

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 9:15-10:15 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	
						SwimAmerica Group Lessons Will hold a makeup session from 4:30-6 PM on Sunday, Oct. 17th.	
REC POOL Afternoon	SwimAmerica 4:00-5:30 PM	SwimAmerica 4:00-6:00 PM	SwimAmerica 4:00-5:30 PM	SwimAmerica 4:00-6:00 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 9:15-10:15 AM Uses 1lane	SwimAmerica 9:30-10:15 AM Uses 1-2 lanes	SwimAmerica 9:15-11:00 AM Uses 1lane	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 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			
LAP POOL Afternoon	SwimAmerica 4:00-5:30PM Uses 4 lanes	SwimAmerica 4:00-6:15 PM Uses 4 lanes	SwimAmerica 4:00-5:30PM Uses 4 lanes	SwimAmerica 4:00-6:15PM Uses 4 lanes			
LAP POOL Evening	Lakeshore Whitecaps Swim Team (kids) 5:30-8:00 PM Uses: 2 lanes	Kids' Swim Team 6:15-7:15 PM Uses: 4 lanes 7:15-8:00 PM Uses 2 lanes	Lakeshore Whitecaps Swim Team (kids) 5:30-8:00 PM Uses: 2 lanes	Lakeshore Whitecaps Swim Team (kids) 6:15-8:00 PM Uses: 4 lanes	Masters Swim 5:30-6:30 PM Uses: 3 lanes		

**Infant Swimming Resource
Swimming Safety Skills for
Infants & Toddlers
Will use 1/4 of one lap lane
From 8-10 AM, Monday
Through Friday**