

**LAKESHORE INDOOR POOLS  
MARCH 2010**

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

Lifeguards on duty:  
Saturday 11-6  
Sunday 10-6

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 9:30-11:00 AM &Adult Group Lessons	*AquaShrimps 9:00-9:30 AM 1/2 pool	SwimAmerica 9:30-11:00 AM &Adult Group Lessons		SwimAmerica 10-11 AM	
		*AquaShrimps 11:00-11:30 AM 1/2 pool	SwimAmerica 9:30-11:00 AM	*AquaShrimps 11:00-11:30 AM 1/2 pool			
REC POOL Afternoon	SwimAmerica 4:30-6:00 PM	SwimAmerica 4:00-5:30 PM	SwimAmerica 4:30-6:00 PM	SwimAmerica 4:00-5:30 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	<b>NEW!</b> Multi-Sport Team 6:00-7:00 AM Uses:2-3 lanes	Masters 5:45-6:45 AM Uses: 4 lanes		Masters 5:45-6:45 AM Uses: 4 lanes	Lakeshore Whitecaps Swim Team (kids) 8:15-9:30 AM Uses: 1-2 lanes	
LAP POOL Mid-Morning	Water Aerobics Workout 9:15-10:15 AM Uses: 2-3 lanes	SwimAmerica 9:30-10:15 AM Uses 2 lanes	SwimAmerica 9:30-10:15 AM Uses 2 lanes	SwimAmerica 10:00-11:00 AM Uses 1 lane	Water Aerobics Workout 9:15-10:15 AM Uses: 2-3 lanes	Water Aerobics Workout 9:00-10:00 AM Uses: 2-3 lanes	
						SwimAmerica 9:30-11 AM Uses 1-3 lanes	
LAP POOL Lunchtime	Masters Swim 12-1 PM  Uses: 4 lanes	Beginners Swim Workout 12-1 PM Uses: 3-4 lanes	Masters Swim 12-1 PM  Uses: 4 lanes	Beginners Swim Workout 12-1 PM Uses: 3-4 lanes		Special Clinic: Fundamentals of Competitive Swimming For 12 & Unders 11 AM-12PM Uses: 1 lane	
LAP POOL Afternoon	SwimAmerica 4:00-6:00PM Uses 4 lanes	SwimAmerica 4:00-5:30 PM Uses 4 lanes	SwimAmerica 4:30-6:00PM Uses 4 lanes	SwimAmerica 4:00-5:30PM Uses 4 lanes			
LAP POOL Evening	Lakeshore Whitecaps Swim Team (kids) 6:00-7:00 PM Uses: 1-2 lanes	Lakeshore Whitecaps Swim Team (kids) 5:30-6:30 PM Uses: 1-2 lanes	Lakeshore Whitecaps Swim Team (kids) 6:00-7:00 PM Uses: 1-2 lanes	Lakeshore Whitecaps Swim Team (kids) 5:30-6:30 PM Uses: 1-2 lanes			

**SPRING BREAK  
March 21 through 28  
No swimming lessons  
this week.**