

# Small Pool

**Effective 9/1/14**

|         | Monday                               | Tuesday                             | Wednesday                            | Thursday                            | Friday                               | Saturday                  | Sunday                  |
|---------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|---------------------------|-------------------------|
| 5:15am  | Open Swim<br>5:15-9:00               | Open Swim<br>5:15-10:00             | Open Swim<br>5:15-9:00               | Open Swim<br>9:00-10:00             | Open Swim<br>5:15-10:00              |                           |                         |
| 6:00am  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 6:30am  |                                      |                                     |                                      |                                     |                                      | Open Swim<br>6:00-8:15    |                         |
| 7:00am  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 7:30am  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 8:00am  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 8:30am  |                                      |                                     |                                      |                                     |                                      | Yoga 8:00-9               |                         |
| 9:00am  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 9:30am  | Swim Lesson<br>9:00-10:00            |                                     | Swim Lesson<br>9:00-10:00            |                                     |                                      |                           |                         |
| 10:00am | Arthritis<br>Exercise<br>10:00-11:00 | Seniors in<br>Motion<br>10:00-11:00 | Arthritis<br>Exercise<br>10:00-11:00 | Seniors in<br>Motion<br>10:00-11:00 | Arthritis<br>Exercise<br>10:00-11:00 | Swim Lesson<br>9:00-12:00 | Open Swim<br>10:00-6:30 |
| 10:30am |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 11:00am | Open Swim<br>11:00-1:30              | ISD 742 11-12                       | Open Swim<br>11:00-1:30              | Open Swim<br>11:00-1:30             | ISD 742 11-12                        |                           |                         |
| 11:30am |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 12:00pm |                                      | Open Swim<br>12:00-1:30             |                                      |                                     |                                      |                           |                         |
| 12:30pm |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 1:00pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 1:30pm  | Hospital<br>Therapy<br>1:30-4:00     | Hospital<br>Therapy<br>1:30-4:00    | Hospital<br>Therapy<br>1:30-4:00     | Hospital<br>Therapy<br>1:30-4:00    | Open Swim<br>12:00-9                 |                           |                         |
| 2:00pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 2:30pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 3:00pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 3:30pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 4:00pm  | Swim Lesson<br>4:00-6:30             | Swim Lesson<br>4:00-7:00            | Swim Lesson<br>4:00-7:00             | Swim Lesson<br>4:00-6:30            |                                      |                           |                         |
| 4:30pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 5:00pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 5:30pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 6:00pm  | Joints in<br>Motion<br>6:30-7:30     | Open Swim<br>7:00-9:00              | Open Swim<br>7:00-9:00               | Joints in<br>Motion<br>6:30-7:30    |                                      | Open Swim<br>7:30-9       |                         |
| 6:30pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 7:00pm  |                                      |                                     |                                      |                                     |                                      | CLOSED                    |                         |
| 7:30pm  | Open Swim<br>7:30-9                  | Open Swim<br>7:00-9:00              | Open Swim<br>7:00-9:00               | Open Swim<br>7:30-9                 | Open Swim<br>7:30-9                  |                           |                         |
| 8:00pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 8:30pm  |                                      |                                     |                                      |                                     |                                      |                           |                         |
| 9:00pm  | CLOSED                               | CLOSED                              | CLOSED                               | CLOSED                              | CLOSED                               |                           |                         |