

2009 Fall Schedule

(Effective August 24 through January 1, 2010)

Lap Swim

- Mon-Fri 5:30am-2:30pm (12:30-2:30 - \$1 off)
- Mon & Wed 6:45pm-8pm (50% off)
- Tue & Thu 6:45pm-9:00pm (6:45pm-8:00pm – 50% off)
- Fri 4:45pm-6:30pm
- Fri 6:30pm-8:00pm (\$1 off)
- Sat 8:30am-6:30pm
- Sat 2:45pm-4:15pm (\$1 off)
- Sun 2:00pm-6:30pm (5:15pm-6:30pm – 50% off)

Water Aerobics

- Mon-Fri 8:30am-9:30am
- Mon-Fri 10:00am-11:00am
- Sat 8:45am-9:45am

Open Swim

- Mon-Thu 6:45pm-8:00pm (50% off)
- Fri 6:30pm-8:00pm (\$1 off)
- Sat 12:30pm-2:30pm
- Sat 4:30pm-6:30pm
- Sun 2:00pm-4:00pm
- Sun 5:15pm-6:30pm (50% off)

\$1 off Family Swims

- Mon-Fri 12:30pm-2:30pm
- Fri 5:00pm-6:30pm
- Sat 2:45pm-4:15pm

Deep Water Running

- Mon-Thu 5:30am-7:30am
- Mon-Thu 7:30-8:30am -Interval Class
- Mon-Thu 8:30am-12:30pm
- Fri 5:30am-12:30pm
- Sat 8:30am-12:30pm
- Sun 1:00pm-2:00pm
- Sun 4:00pm-5:15pm

Deep Water Aerobics

- Mon-Thu 5:45pm-6:45pm
- Tue & Thu 8:00pm-9:00pm

Arthritis Exercise

- Mon, Wed, Fri 11:30am-12:30pm

H₂O Child Care

- Mon-Fri 8:30am-9:30am

Preschool Swim

- Mon-Fri 5:30am-12:30pm
- Mon-Fri 2:30pm-4:45pm
- Tue & Thu 8:00pm-9:00pm
- Sun 1:00pm-2:00pm

Kayaking

- Tue & Thu 8:00pm-9:00pm
- Sun 1:00pm-2:00pm