

# 2010 Fall Schedule

## (Effective August 23 to December 31, 2010)

### Lap Swim

- Mon-Fri 5:30am-2:45pm  
(12:30pm-2:30pm - \$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  
(2:45pm-4:15pm - \$1 off)
- Sun 1:00pm-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-Fri 5:30am-7:30am
- Mon-Fri 7:30-8:30am -Interval Class
- Mon-Fri 8:30am-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

### H<sub>2</sub>O Child Care

- Mon-Fri 8:30am-9:30am
- Mon-Fri 11:30-12:30pm

### Preschool Swim

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

### Kayaking

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