



POOL LENGTH: 20 YARDS (60 FEET)
 1 MILE = 1760 YARDS
 88 LENGTHS (OR 44 LAPS) = 1 MILE

POOL SCHEDULE — FALL 2016

GROUP FITNESS, CHILDREN'S PROGRAMS & PHYSICAL THERAPY

DAY	PROGRAM	TIME	# OF LANES USED	SPECIFIC LANES USED
SUNDAY	BIRTHDAY PARTIES	TBD	2	1 + 2
	FAMILY SWIM	12:00 – 1:30PM	2	1 + 2
MONDAY	WATER AEROBICS**	9:30 – 10:30AM	3-4	1,2,3 (+4)
	PHYSICAL THERAPY	10:30 – 11:30AM	1	4
	CHILDREN'S PROGRAM	10:30 – 11:35AM	1	1
	WATER WORKOUT*	6:00 – 7:00PM	2-3	1,2 (+3)
TUESDAY	SWIM CONDITIONING	6:00 – 7:00AM	3	1,2,3
	CHILDREN'S PROGRAM	9:30 – 10:30AM	1	1
WEDNESDAY	WATER AEROBICS**	9:30 – 10:30AM	3-4	1,2,3 (+4)
	CHILDREN'S PROGRAM	10:30 – 11:00AM	1	1
	PHYSICAL THERAPY	10:30 – 11:30AM	1	4
	CHILDREN'S PROGRAM	3:45 – 6:00PM	1	1
THURSDAY	WATER AEROBICS**	9:30 – 10:30AM	3-4	1,2,3 (+4)
	CHILDREN'S PROGRAM	10:30 – 11:35AM	1	1
FRIDAY	WATER AEROBICS	9:30 – 10:30AM	3	1,2,3
	PHYSICAL THERAPY	10:30 – 11:30AM	1	4
	WHIRLPOOL CLEANING	11:00AM – 3:00PM	WHIRLPOOL CLOSED	
	FAMILY SWIM	6:00 – 7:30PM	2	1 + 2
SATURDAY	WATER WORKOUT*	8:00 – 9:00AM	2-3	1,2 (+3)
	CHILDREN'S PROGRAM	9:00 – 10:50AM	1	1
	CHILDREN'S PROGRAM	10:50 – 11:35AM	2	1 + 2
	BIRTHDAY PARTIES	TBD	2	1 + 2

*Any class that requires 2-3 lanes will use 3 lanes only when there are more than 12 participants in class
 **Any class that requires 3-4 lanes will use 4 lanes only when there are more than 18 participants in class