

# SUMMER 2010

## LETTERMAN POOL SCHEDULE

Effective: 6/1/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00am	Masters (4) Lap (2)	Masters (3) Team(2) Lap (1)	Masters (4) Lap (2)	Masters (3) Team(2) Lap (1)	Masters (4) Lap (2)		
7:00-8:00am	Masters (3) Lap (2) Rec (1)	Lap (3) Team(2) Rec (1)	Masters (3) Lap (2) Rec (1)	Lap (3) Team(2) Rec (1)	Masters (3) Lap (2) Rec (1)	Lap (2-3) Team(3) Rec (1)	Lap (4) Rec (2)
8:00-9:00am	Lap (4) Flex n Stretch/Joint Mobility Rec (2)	Lap (4) Rec (2)	Lap (4) Flex n Stretch/Joint Mobility Rec (2)	Lap (4) Rec (2)	Lap (4) Flex n Stretch/Joint Mobility Rec (2)	Lap (3) til 8:45 Lesson (1) Rec (2)	Lap (3) Lesson (1) Rec (2)
9:00-10:00am	Lap (1) Aqua Fit (5) Deep Aqua Fit (5)	Lap (1) Aqua Fit (5) Deep Aqua Fit (5)	Lap (1) Aqua Fit (5) DEEP REC OPEN	Lap (1) Aqua Fit (5) Deep Aqua Fit (5)	Lap (1) Aqua Fit (5) DEEP REC OPEN	H2O Run 8:45-9:45 Aqua Fit (5) Lap (1)	Lap (2) Aqua Fit - Advanced (4) DEEP REC OPEN
10:00-11:00am	Lap (2) Water Exercise (4) DEEP REC OPEN	Lap (4) Rec (2)	Lap (2) Water Exercise (4) DEEP REC OPEN	Lap (4) Rec (2)	Lap (2) Water Exercise (4) DEEP REC OPEN	Lap (3) Lesson (3)	Lap (2) Lesson (3) Rec (1)
11:00-12:00pm	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (3) Rec (1) Lessons (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (3) Lesson (3)	Lap (3) Lesson (2) Rec (1)
12:00-1:00pm	Masters (3) Lap (3)	Lap (4) Rec (2)	Masters (3) Lap (3)	Lap (4) Rec (2)	Masters (3) Lap (3)	Lap (3) Lesson (1) Rec (2) (at 12:30)	Lap (3) Lesson (1) Rec (2)
1:00-3:30pm	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (3) Lesson (1) Rec (2)	Lap (3) Lesson (1) Rec (2)	Lap (3) Lesson (1) Rec (2)
3:30-6:00pm	NO LAP 4:30-6:00pm NO REC 3:30-6:00pm LAP (1) 3:45-4:30pm Lessons (2) 3:45-6pm Team(3) 3:30-4:30pm Team(4) 4:30-6:30	NO LAP 4:20-5pm NO REC 3:30-6:00pm LAP (1) 3:30-4:20pm LAP (3) 5:00-6:00pm Lessons (1) 3:30-4:20pm Lessons (2) 4:20-6:00pm Team (4) 3:30-5:00pm Team (1) 5:00-6:00pm	NO LAP 4:30-6:00pm NO REC 3:30-6:00pm LAP (1) 3:45-4:30pm Lessons (2) 3:45-6pm Team(3) 3:30-4:30pm Team(4) 4:30-6:30	NO LAP 4:20-5pm NO REC 3:30-6:00pm LAP (1) 3:30-4:20pm LAP (3) 5:00-6:00pm Lessons (1) 3:30-4:20pm Lessons (2) 4:20-6:00pm Team (4) 3:30-5:00pm Team (1) 5:00-6:00pm	Lap (3) 3:30-4:30pm Lap (2) 4:30-6:30pm Team (3) 3:30-4:30pm Team (4) 4:30-6:30pm	Lap (3) Lesson (1) Rec (2) Lap (3) Lesson (1) Rec (2)	Lap (3) Lesson (1) Rec (2) Lap (3) Lesson (1) Rec (2)
6:00-7:00pm	Lap (2) 6:00-6:30 Lap (4) 6:30-7:30 Team(4) 6:00-6:30	Lap (4) Lesson (1) Rec (1)	Lap (2) 6:00-6:30 Lap (4) 6:30-7:30 Team(4) 6:00-6:30	Lap (4) Lesson (1) Rec (1)	Lap (2) 6:00-6:30 Lap (4) 6:30-7:30 Team(4) 6:00-6:30		Water Polo Scrimmage 6:30-7:30
7:00-8:00pm	Masters (2-3) 7:00-8:00 Lap (2-3) 7:30-8 Rec (1) at 7:30	H2O Running (5) Aqua Fit (5) Lessons (1)	Masters (2-3) 7:00-8:00 Lap (2-3) 7:30-8 Rec (1) at 7:30	H2O Running (5) Aqua Fit (5) Lessons (1)	Rec (3) Lap (3)	<b>SMALL POOL HOURS:</b>  SMALL POOL IS OPEN DURING ALL OPEN HOURS EXCEPT: POOL IS CLOSED: MON/WED/FRI: 8:00-9:00am FRI: 7:00-8:00pm SAT/SUN: 9:00-1:00pm Camp in 11-2pm M-F, but pool still open to members.	
8:00-9:00pm	Lap (4) Rec(2)	Masters (2-3) Lap (2-3) Rec (1)	Under H2O Hockey (4) Lap (1) Rec (1)	Lap (4) Rec (2)	Under H2O Hockey (5) Lap (1)		
9:00-9:30pm	Lap (4) Rec(2)	Lap (4) Rec(2)	Under H2O Hockey (4) Lap (1) Rec (1) Until 9:30	Lap (4) Rec (2)	Under H2O Hockey (6)		

**CAMP WILL BE UTILIZING THE SMALL POOL MONDAY - FRIDAY 11-2:30PM**  
**THE SMALL POOL WILL REMAIN OPEN TO MEMBERS DURING THIS TIME.**  
**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.**