

SPRING 2010

LETTERMAN POOL SCHEDULE

Effective: 3/1/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:00am	Masters (4) Lap (2)	Masters (4) Lap (2)	Masters (4) Lap (2)	Masters (4) Lap (2)	Masters (4) Lap (2)		
7:00-8:00am	Masters (3) Lap (2) Rec (1)	Lap (4) Rec (2)	Masters (3) Lap (2) Rec (1)	Lap (4) Rec (2)	Masters (3) Lap (2) Rec (1)	Lap (2-3) Team(3)	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 (3) Lesson (2) 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)
1:00-3:10pm	Lap (4) Rec (2)	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)
3:10-6:00pm	NO LAP 4:55-6:00PM NO REC 3:10-6:00PM Lessons (2) 4:55-6pm Lessons (1) 3:45-4:55pm Lap 3:30-4:55pm (1) Team(4) 3:30-6:00pm	NO LAP 4:20-4:55PM NO REC 3:10-6:00PM Lessons (1) 3:10-4:20 Lessons (2) 4:20-6:00pm Lap 3:10-4:20pm (1) Lap 5:00-6:00pm (3) Team(4) 3:45-5:00pm Team(1) 5:00-6:00pm	NO LAP 4:55-6:00PM NO REC 3:10-6:00PM Lessons (2) 4:55-6pm Lessons (1) 3:45-4:55pm Lap 3:30-4:55pm (1) Team(4) 3:30-6:00pm	NO LAP 4:20-4:55PM NO REC 3:10-6:00PM Lessons (1) 3:10-4:20 Lessons (2) 4:20-6:00pm Lap 3:10-4:20pm (1) Lap 5:00-6:00pm (3) Team(4) 3:45-5:00pm Team(1) 5:00-6:00pm	Lap (2) Team(4) 3:30-6:00pm	Lap (3) Lesson (1) Rec (2) Laps (4) until 6:30 Rec (2) until 6:30	Lap (3) Lesson (1) Rec (2) Lap (4) until 6:30 Rec (2) until 6:30
6:00-7:00pm	Lap (3) Team(3) 6:00-7:15pm	Lap (3) Lessons - Youth Polo (3)	Lap (3) Team(3) 6:00-7:15pm	Lap (3) Lessons - Youth Polo (3)	Lap (3) Team(3) 6:00-7:15pm		Water Polo Scrimmage 6:30-7:30
7:00-8:00pm	Masters (2-3) 7:15-8:15 Lap (2-3) Rec (1)	H2O Running (5) Aqua Fit (5) Lessons (1)	Masters (2-3) 7:15-8:15 Lap (2-3) Rec (1)	H2O Running (5) Aqua Fit (5) Lessons (1)	Rec (3) Lap (3)	SMALL POOL HOURS: SMALL POOL IS OPEN DURING ALL OPEN HOURS EXCEPT: SMALL POOL IS CLOSED: MON/WED/FRI: 8:00-9:00am FRI: 7:00-8:00pm SAT/SUN: 9:00-1:00pm	
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)		

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.