

Aquatics Schedule - Spring 2007

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:15-8:30am 11:30am-1:30pm 2:30-3:30pm (2) *5:00-6:00pm 7:45-8:45pm (2)	5:15-8:30am 11:30am-1:30pm 1:30-2:00pm (3) *5:00-6:00pm 8:15-8:45pm	5:15-8:30am 11:30am-1:30pm *5:00-6:00pm 7:45-8:45pm (2)	5:15-8:30am 11:30am-2:00pm *5:00-6:00pm 8:15-8:45pm	5:15-8:30am 11:30am-1:30pm *5:00-6:15pm 8:15-8:45pm (2)	6:00-9:00am 12:45-1:30pm 5:00-7:00pm (2)	8:00-10:15am 2:45-4:45pm (2)
Youth/Family Swim	1:30-3:30pm (2) 7:45-8:45pm (2)	2:00-2:45pm 7:25-8:15pm	1:30-3:30pm (2) 7:45-8:45pm (2)	2:30-3:30pm (2) 7:25-8:15pm	1:30-3:30pm (2) 7:25-8:15pm 8:15-8:45pm (2)	2:30-3:30pm 3:30-5:00pm 5:00-7:00pm (2) 7:00-7:45pm	1:00-2:45pm 2:45-4:45pm (2)
Treasure Island		7:25-8:15pm		7:25-8:15pm	7:25-8:15pm	2:30-3:30pm	
Water Aerobics	8:30-9:30am 10:30-11:30am 6:45-7:45pm	8:30-9:30am (2)	8:30-9:30am 10:30-11:30am 6:45-7:45pm	8:30-9:30am (2)	8:30-9:30am 10:30-11:30am 6:15-7:15pm		
Arthritis	9:30-10:30am		9:30-10:30am		9:30-10:30am		
Water Walking		8:30-9:30am (2)		8:30-9:30am (2)			

- Note: Programs and/or times are subject to change.
- Number in parentheses () refers to number of lanes available.
- Lap Swim: Please adhere to the signs posted at the end of each lane governing type of activity.
- Water Aerobics: This water exercise program is geared to firm, tone and strengthen the body. It is a comprehensive workout for men and women of all fitness levels. Components include: cardiovascular routines, strengthening of arms, legs and abdominals. NO SWIMMING SKILLS NECESSARY!
- AFYAP - Arthritis Exercise: In collaboration with the Arthritis Foundation this program has been designed to help strengthen muscles and improve joint flexibility. Physician's clearance is required.
- **Children wearing flotation devices must be accompanied in the water by an adult during Family Swim and Treasure Island.**
- **Please note: Treasure Island requires 10-15 minutes to inflate and set up. We must clear the pool to do this safely.**
- Financial assistance is available.

All participants of Family Swim & Treasure Island must perform a swim test prior to participation.