



# MAIN POOL SCHEDULE → Feb 26 – Mar 28

|       | Mon                    | Tues                   | Wed                    | Thurs               | Fri                    | Sat               | Sun               |       |
|-------|------------------------|------------------------|------------------------|---------------------|------------------------|-------------------|-------------------|-------|
| 6:00  |                        |                        |                        |                     |                        |                   |                   | 6:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 7:00  | 6 Lap                  | 6 Lap                  | 6 Lap                  | 6 Lap               | 6 Lap                  | 6 Lap             |                   | 7:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 8:00  |                        |                        |                        |                     |                        | 6 Lap             |                   | 8:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 9:00  | 3 Ad. Deep H2O / 3 Lap | 6 Beg. Deep H2O        | 3 Ad. Deep H2O / 3 Lap | 6 Beg. Deep H2O     | 3 Ad. Deep H2O / 3 Lap |                   |                   | 9:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 10:00 | 6 Aquacize             |                        | 6 Aquacize             |                     | 6 Aquacize             | 3 Lesson<br>3 Lap |                   | 10:00 |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   | 6 Lap             | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 11:00 |                        |                        |                        |                     |                        | 4 Lesson<br>2 Lap |                   | 11:00 |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| Noon  |                        |                        |                        |                     |                        |                   |                   | Noon  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 1:00  | 6 Lap                  | 6 Lap                  | 6 Lap                  | 6 Lap               | 6 lap                  | 2 Family<br>4 Lap |                   | 1:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 2:00  |                        |                        |                        |                     |                        |                   | 3 Rental<br>3 Lap | 2:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 3:00  |                        |                        |                        |                     |                        | 3 Rental<br>3 Lap |                   | 3:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 4:00  |                        |                        |                        |                     |                        |                   |                   | 4:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 5:00  | 3 Lesson<br>3 Lap      | 3 Lesson<br>3 Lap      | 3 Lesson<br>3 Lap      | 3 Lesson<br>3 Lap   | 3 Lesson<br>3 Lap      |                   |                   | 5:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 6:00  |                        |                        |                        |                     |                        |                   |                   | 6:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 7:00  | 3 G. Club<br>3 Lap     | 1 Lesson<br>5 Deep H2O | 3 G. Club<br>3 Lap     | 1 Lap<br>5 Deep H2O |                        | 6 Lap             |                   | 7:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 8:00  |                        |                        |                        |                     |                        |                   |                   | 8:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 9:00  | 6 Lap                  | 2 Lesson<br>4 Lap      | 6 Lap                  | 6 Lap               |                        |                   |                   | 9:00  |
| :15   |                        |                        |                        |                     |                        |                   |                   | :15   |
| :30   |                        |                        |                        |                     |                        |                   |                   | :30   |
| :45   |                        |                        |                        |                     |                        |                   |                   | :45   |
| 10:00 |                        |                        |                        |                     |                        |                   |                   | 10:00 |

- Please note that this schedule is subject to change due to program enrollment, rentals, private lessons, etc...
- Please allow a 10-minute transition period between activities.
- Wee Wuns will use 3 lanes from 11:15-11:45 am on the 1<sup>st</sup> Thurs. & Fri. of each month.
- Please use lap swim etiquette! 2 swimmers → split a lane ; 3+ swimmers → please circle swim!
- Dashed lines above indicate 15-minute periods --- time is shown BELOW each line.



# ALDEN POOL SCHEDULE → Feb 26 – Mar 28

|       | Mon                             | Tues                 | Wed                      | Thurs                | Fri                    | Sat                 | Sun                 |       |
|-------|---------------------------------|----------------------|--------------------------|----------------------|------------------------|---------------------|---------------------|-------|
| 6:00  |                                 |                      |                          |                      |                        |                     |                     | 6:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 7:00  | 6 Adult                         | 6 Adult              | 6 Adult                  | 6 Adult              | 6 Adult                |                     |                     | 7:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 8:00  |                                 |                      |                          |                      |                        | 6 Adult             |                     | 8:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   | 6 Arthritis                     | 6 Arthritis          | 4 Family<br>2 Adult      | 6 Arthritis          | 4 Family<br>2 Adult    |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 9:00  | 4 Liquid FIT<br>2 Adult         | 6 Hydrofit           | 4 Liquid FIT<br>2 Family | 6 Hydrofit           | 4 Yoga<br>2 Adult      |                     |                     | 9:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 10:00 | 4 Lesson<br>2 Adult             | 4 Lesson<br>2 Adult  | 4 Family<br>2 Adult      | 4 Lesson<br>2 Adult  | 4 Lesson<br>2 Adult    | 6 Lessons           | 6 Adult             | 10:00 |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     | 4 Family<br>2 Adult | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 11:00 |                                 |                      |                          |                      | 4 Family<br>2 Adult    |                     |                     | 11:00 |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   | 6 Water<br>Walking              | 6 Water<br>Walking   | 6 Water<br>Walking       | 6 Water<br>Walking   | 4 Arthritis<br>2 Adult |                     | 6 Rental            | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| Noon  |                                 |                      |                          |                      |                        | 6 Rental            |                     | Noon  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 1:00  | 4 Arthritis<br>2 Adult          |                      | 4 Arthritis<br>2 Adult   |                      |                        |                     |                     | 1:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 | 4 Family<br>2 Adult  |                          | 4 Family<br>2 Adult  |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 2:00  | 4 Family<br>1 Adult<br>1 Rental |                      | 4 Family<br>2 Adult      |                      | 4 Family<br>2 Adult    |                     |                     | 2:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 3:00  | 4 Fam / 2 Ad                    |                      |                          |                      |                        |                     |                     | 3:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 4:00  | 4 Lesson<br>2 Family            |                      | 4 Lesson<br>2 Family     |                      | 4 Lessons<br>2 Family  | 4 Family<br>2 Adult | 4 Family<br>2 Adult | 4:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 | 4 Lesson<br>2 Family |                          | 4 Lesson<br>2 Family |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 5:00  | 4 Family<br>2 Adult             |                      |                          |                      |                        |                     |                     | 5:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 6:00  | 3 Family<br>3 Aero.             |                      | 3 Family<br>3 Aero.      | 2 Lesson<br>4 Family |                        |                     |                     | 6:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      | 4 Family<br>2 Adult    |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 7:00  |                                 |                      |                          |                      |                        |                     |                     | 7:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 8:00  | 4 Family<br>2 Adult             | 4 Family<br>2 Adult  | 4 Family<br>2 Adult      | 4 Family<br>2 Adult  |                        |                     |                     | 8:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 9:00  |                                 |                      |                          |                      |                        |                     |                     | 9:00  |
| :15   |                                 |                      |                          |                      |                        |                     |                     | :15   |
| :30   |                                 |                      |                          |                      |                        |                     |                     | :30   |
| :45   |                                 |                      |                          |                      |                        |                     |                     | :45   |
| 10:00 |                                 |                      |                          |                      |                        |                     |                     | 10:00 |

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