

## LifeCenter Plus Summer Water Group Exercise and Pool Schedule

June 1- August 31, 2010

**\*Indoor pools will be closed for annual maintenance Sunday, August 8-Saturday, August 14**

|                  | 5:00 am              | 7:00 am   | 9:00 am  | 10:00 am  | 11:00 am   | Noon                | 1:00 P.M.  | 2-4:00pm                   | 4:00 pm   | 5:00 pm   | 6:00 pm  | 7:30 – Close              |
|------------------|----------------------|-----------|--|---|--|---------------------|--|----------------------------|---|---|--|---------------------------|
| <b>MONDAY</b>    | 5-9am<br>Open Swim   | Open Swim | 9:30-10:30am<br><b>Aqua<br/>Combo Class</b><br>Karen     | <b>9:45-11:50<br/>Children’s</b><br>6/14-6/24<br>7/5-7/15<br>7/26-8/5 | <b>Swim lessons</b><br>6/14-6/24<br>7/5-7/15<br>7/26-8/5 | Open Swim           | 1-2pm<br><b>Shallow &amp;<br/>Deep Water<br/>Fitness</b><br>Bernie   | 2-5:00pm<br>Open Swim      | Open Swim   | 5:00-6:00<br><b>Swim<br/>Team</b>                                   | 6:30-7:30pm<br><b>Deep Water<br/>Fitness</b><br>Maureen                                  | 7:30-close<br>Open Swim   |
| <b>TUESDAY</b>   | 5 – 9am<br>Open Swim | Open Swim | 9-10am<br><b>Deep Water<br/>Fitness</b><br>Beth          | Children’s  | Swim Lessons   | Open Swim           | 1:30-2:30pm<br><b>Homeschool<br/>Swim Class</b><br>June 1, 3<br>only | Open Swim                  | 4:30-5:30<br><b>Shallow &amp;<br/>Deep Water<br/>Fitness</b><br>Diane   | 5:30 –6:00<br>Open Swim   | 6:00 – 8:00<br><b>Children’s<br/>Swim Lessons<br/>through July<br/>29th</b>              | 8 – Close<br>Open Swim    |
| <b>WEDNESDAY</b> | 5-9am<br>Open Swim   | Open Swim | 9:30-10:30am<br><b>Aqua<br/>Combo Class</b><br>Sue Steel | Children’s  | Swim Lessons   | Open Swim           | 1-2pm<br><b>Shallow &amp;<br/>Deep Water<br/>Fitness</b><br>Bernie   | 2-5:15pm<br>Open Swim      | Open Swim   | 5:00-6:00<br>Open Swim  | 6:30 - 7:30<br><b>Deep Water<br/>Fitness</b><br>Jennifer<br>6/16-8/25<br>No indoor class | 7:30 – Close<br>Open Swim |
| <b>THURSDAY</b>  | 5-9am<br>Open Swim   | Open Swim | 9-10am<br><b>Deep Water<br/>Fitness</b><br>Lisa          | Children’s  | Swim Lessons   | Open Swim           | 1:30-2:30<br><b>Homeschool<br/>Swim Class</b><br>June 1,3<br>only    | Open Swim                  | 4:30 – 5:30<br><b>Shallow &amp;<br/>Deep Water<br/>Fitness</b><br>Diane | 5:30 – Close<br>Open Swim   | 6:00-8:00<br>Open Swim   | Open Swim                 |
| <b>FRIDAY</b>    | 5-9am<br>Open Swim   | Open Swim | 9:30-10:30am<br><b>Aqua<br/>Combo Class</b><br>Sue Steel | Open Swim<br>10:30-11:00  | 11-noon<br><b>Adult<br/>Synchronized<br/>Swimming</b>    | Open Swim           | 1-2pm<br><b>Shallow &amp;<br/>Deep Water<br/>Fitness</b><br>Bernie   | 2-4:15pm<br>Open Swim      | 4:45-5:45<br>Open Swim  | 6:00 – 7:00<br><b>Deep Water<br/>Fitness</b><br>Maureen             | 6:00-9:30<br><b>SCUBA</b><br>6/18,6/25   | Open Swim                 |
| <b>SATURDAY</b>  | 7-9am<br>Open Swim   | Open Swim | Open Swim  | Open Swim   | 11-7pm<br>Open Swim                                      | Open Swim           | 1:00-6:00<br><b>SCUBA</b><br>6/19, 6/26                              | <b>SCUBA</b><br>6/19, 6/26 | <b>SCUBA</b><br>6/19, 6/26  | <b>SCUBA</b><br>6/19, 6/26  | Open Swim  | Open Swim                 |
| <b>SUNDAY</b>    | 7 -noon<br>Open Swim | Open Swim | Open Swim  | Open Swim   | Open swim  | 12-5pm<br>Open Swim | 1:00-6:00<br><b>SCUBA</b><br>6/20, 6/27                              | <b>SCUBA</b><br>6/20, 6/27 | <b>SCUBA</b><br>6/20, 6/27  | 5:00-6:00<br><b>Deep Water<br/>Fitness</b><br>Instructors<br>rotate | 6 – Close<br>Open Swim   | Open Swim                 |

Classes and instructors are subject to change without notice.

**NO OPEN SWIM DURING CLASS TIMES. LAP SWIMMING in designated lap lanes only.**