

**LifeCenter Plus Fall Water Group Exercise and Pool Schedule**  
September 1- December 31, 2010

	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 Open Swim	Open Swim	9:30-10:30am <b>Aqua Combo Class</b> Karen	Open Swim	Open Swim	Open Swim	1-2pm <b>Shallow &amp; Deep Water Fitness</b> Bernie	2-5:00pm Open Swim	Open Swim	5:00-6:00 <b>Swim Team</b>	6:30-7:30pm <b>Deep Water Fitness</b> Maureen	7:30-close Open Swim
<b>TUESDAY</b>	5:45-6:45am <b>Surf &amp; Turf Cross Training</b> Jennifer	Open Swim	9-10am <b>Deep Water Fitness</b> Beth	Open Swim	Open Swim	Open Swim	1:30-2:30pm <b>Homeschool Swim Class</b> starting 9/13	Open Swim	4:30-5:30 <b>Shallow &amp; Deep Water Fitness</b> Diane	5:30 –6:00 Open Swim	6:00 – 8:00 <b>Children’s Swim Lessons</b> starting 9/13	8 – Close Open Swim
<b>WEDNESDAY</b>	5-9am Open Swim	Open Swim	9:30-10:30am <b>Aqua Combo Class</b> Sue Steel	Open Swim	Open Swim	Open Swim	1-2pm <b>Shallow &amp; Deep Water Fitness</b> Bernie	2-5:15pm Open Swim	Open Swim	5:00-6:00 <b>Swim Team</b>	6:30 - 7:30 <b>Deep Water Fitness</b> Jennifer	7:30 – Close Open Swim
<b>THURSDAY</b>	5-9am Open Swim	Open Swim	9-10am <b>Deep Water Fitness</b> Lisa	Open Swim	Open Swim	Open Swim	1:30-2:30 <b>Homeschool Swim Class</b> starting 9/13	Open Swim	4:30 – 5:30 <b>Shallow &amp; Deep Water Fitness</b> Diane	5:30 – Close Open Swim	6:00-8:00 Open Swim	Open Swim
<b>FRIDAY</b>	5-9am Open Swim	Open Swim	9:30-10:30am <b>Aqua Combo Class</b> Sue Steel	Open Swim 10:30-11:00	11-noon <b>Adult Synchronized Swimming</b>	Open Swim	1-2pm <b>Shallow &amp; Deep Water Fitness</b> Bernie	2-4:15pm Open Swim	4:15-5:15 <b>Swim Team</b>	6:00 – 7:00 <b>Deep Water Fitness</b> Maureen	6:00-9:30 <b>SCUBA</b> 11/12, 11/19	Open Swim
<b>SATURDAY</b>	7-9am Open Swim	Open Swim	9:00-11:30 <b>Children’s Swim Lessons</b> starting 9/13	<b>Children’s Swim Lessons</b>	11:30-7pm Open Swim	Open Swim	1:00-6:00 <b>SCUBA</b> 11/13, 11/20	<b>SCUBA</b> 11/13, 11/20	<b>SCUBA</b> 11/13, 11/20	<b>SCUBA</b> 11/13, 11/20	Open Swim	Open Swim
<b>SUNDAY</b>	7 -noon Open Swim	Open Swim	Open Swim	Open Swim	Open swim	12-5pm Open Swim	1:00-6:00 <b>SCUBA</b> 11/14, 11/21	<b>SCUBA</b> 11/14, 11/21	<b>SCUBA</b> 11/14, 11/21	5:00-6:00 <b>Deep Water Fitness</b> Instructors rotate	6 – Close 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.**