



July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	2 Swim Team 7:00-8:30 AM	3
4	5 Swim Team 7:00-8:30 AM	6 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	7 Swim Team 7:00-8:30 AM Swim Meet Pool Closed 4:30-8:30 PM	8 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	9 Swim Team 7:00-8:30 AM	10 Swim Team 8:30-9:30 AM
11	12 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	13 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	14 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	15 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	16 Swim Team 7:00-8:30 AM	17 Swim Team 8:30-9:30 AM
18	19 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	20 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	21 Swim Team 7:00-8:30 AM	22 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	23 Swim Team 7:00-8:30 AM	24
25	26 Swim Team 7:00-8:30 AM Swim Meet Pool Closed 4:30-8:30 PM	27 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	28 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	29 Swim Team 7:00-8:30 AM 5:00- 6:45 PM	30 Swim Team 7:00-8:30 AM	31 Swim Team 8:30-9:30 AM

Lifeguard Hours

Monday - Sunday
12 PM - 5 PM

Pool closes 30 minutes
prior to Club closing.

Fitness Classes

Freestyle 101 - M, W @ 6:00 AM & 10:30 AM
Aqua Fitness - M, W @ 9:00 AM
Aqua 101 - T, H @ 9:00 AM

Aqua Babies - T, H @ 10:00 AM
Aqua Challenge - F @ 9:00 AM
Yoga-A-Float - M @ 10:00 AM