



## Brophy Pool

Updated- 1/11/09

Monday	Lane 1	Lane 2	Lane 3
5:35-8:45	Adult Swim		
8:45-9:45	Arthritis- Ruth		
9:50-12:05	Therapeutic Swim		
12:05-1:25	Parent/Tot		
1:30-5:30	Group Lessons		
5:30-6:30	Swim Team Practice		
6:35-9:00	Open		
9:00-10:00	Adult Swim		

Thursday	Lane 1	Lane 2	Lane 3
5:35-9:00	Adult Swim		
9:00-11:00	Open		
11:00-12:00	Senior Aqua Fitness- Ruth		
12:05-1:25	Therapeutic Swim		
1:30-5:30	Group Lessons		
5:30-7:30	Swim Team Practice		
7:30-9:00	Open		
9:00-10:00	Adult Swim		

Tuesday	Lane 1	Lane 2	Lane 3
5:35-9:40	Adult Swim		
9:45-10:15	Group Lessons		
10:20-10:55	Open		
11:00-12:00	Senior Aqua Fitness- Ruth		
12:05-1:25	Therapeutic Swim		
1:30-5:30	Group Lessons		
5:30-7:30	Swim Team Practice		
7:30-9:00	Open		
9:00-10:00	Adult Swim		

Friday	Lane 1	Lane 2	Lane 3
5:35-8:45	Adult Swim		
8:45-9:45	Arthritis-Ruth		
9:45-11:00	Group Lessons		
11:05-12:05	Therapeutic Swim		
12:05-1:25	Parent/Tot		
1:25-2:30	Open		
2:30-4:00	Open	Group Lessons	
4:00-5:30	Group Lessons		
5:30-6:30	Swim Team Practice		
6:30-9:00	Open		
9:00-10:00	Adult Swim		

Wednesday	Lane 1	Lane 2	Lane 3
5:35-8:45	Adult Swim		
8:45-9:45	Arthritis- Ruth		
9:45-11:05	Group Lessons		
11:05-12:05	Therapeutic Swim		
12:05-1:25	Parent/Tot		
1:25-2:45	Open		
2:45-7:55	Group Lessons		
8:00-9:00	Open		
9:00-10:00	Adult Swim		

Saturday	Lane 1	Lane 2	Lane 3
8:30-1:05	Group Lessons		
1:10-2:15	Therapeutic Swim		
2:15-5:30	Open		

Sunday	Lane 1	Lane 2	Lane 3
9:00-10:00	Open		
10:00-12:00	Group Lessons		
12:00-4:00	Open		
4:00-5:00	Therapeutic Swim		

Key:

<b>Open</b>	Pool is open for swimming for all ages.
<b>Lap Swim</b>	Pool is open for lap swim for ages 18 and up.
Group Fitness	Aquatic Aerobic fitness. Please see brochure for class descriptions.
Group Lessons	Must be a registered participant. Please see brochure for schedule and descriptions.
Adult Swim	Pool is open for swimming for ages 18 and up.
Therapeutic Swim	Pool is open for water walking exercises.
Parent/Tot	Pool is open for parents and toddlers.
Swim Team Practice	Must be a registered participant. Please see brochure for schedule and descriptions.
Masters	Must be a registered participant. Please see brochure for schedule and descriptions.
Tri Train	Must be a registered participant. Great workout for advanced beginners to experts.

Stauffer Pool

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Monday	Lane					
	1	2	3	4	5	6
5:35-6:45	Tri Train			Lap Swim		
6:45-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-3:45	Lap Swim					
3:45-5:30	Swim Team Practice					
5:30-6:30	Lap Swim				HS Prep	
6:30-7:00	Lap Swim					
7:00-8:15	Swim Team Practice					
8:15-10:00	Lap Swim					

Tuesday	Lane					
	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-3:30	Lap Swim					
3:30-8:15	Swim Team Practice					
8:15-10:00	Lap Sw		Masters			

Wednesday	Lane					
	1	2	3	4	5	6
5:35-6:45	Tri Train			Lap Swim		
6:45-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-3:00	Lap Swim					
3:00-3:45	Closed					
3:45-5:30	Swim Team Practice					
5:30-6:30	Lap Swim				HS Prep	
6:30-7:00	Lap Swim					
7:00-8:15	Swim Team Practice					
8:15-10:00	Lap Swim					

Thursday	Lane					
	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-3:30	Lap Swim					
3:30-8:15	Swim Team Practice					
8:15-10:00	Lap Sw		Masters			

Friday	Lane					
	1	2	3	4	5	6
5:35-6:45	Tri Train			Lap Swim		
6:45-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-3:45	Lap Swim					
3:45-5:30	Swim Team Practice					
5:30-6:15	Lap Swim				HS Prep	
6:15-7:15	Lap Swim				Deep Jog	
7:30-10:00	Open					

Saturday	Lane					
	1	2	3	4	5	6
6:00-11:00	Swim Team Practice					
11:00-12:00	Team		Masters			
12:00-12:30	Lap Swim			Masters		
12:30-1:30	Lap Swim					
1:30-6:30	Open					
6:30-7:30	Lap Swim					

Sunday	Lane					
	1	2	3	4	5	6
7:15-9:00	Swim Team Practice					
9:00-11:30	Lap Swim					
11:30-4:00	Open					
4:00-5:00	Lap Swim					



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### Stauffer Shallows & Aquatic Fitness Schedule

Monday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:45-9:00	Adult Swim	
9:00-10:00	Aqua Fit- Shelly	
10:00-4:00	<b>Open</b>	
4:00-6:10	Group Lessons	
6:15-7:15	Aqua Fit- Patty	
7:15-10:00	Adult Swim	

Tuesday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Debbie	
7:45-9:00	Adult Swim	
9:00-10:00	Aqua Fit- Shelly	
10:00-10:15	<b>Open</b>	
10:15-11:00	Open	VIP
11:00-6:00	<b>Open</b>	
6:00-6:45	Group Lessons	
6:45-8:15	<b>Open</b>	
8:15-10:00	Adult Swim	

Wednesday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:45-9:00	Adult Swim	
9:00-10:00	Aqua Fit- Linda	
10:00-3:00	<b>Open</b>	
3:00-4:00	Closed	
4:00-6:10	Group Lessons	
6:15-7:15	Aqua Fit- Patty	
8:15-10:00	Adult Swim	

Thursday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Debbie	
7:45-9:00	Adult Swim	
9:00-10:00	Aqua Fit- Hildy	
10:00-10:15	<b>Open</b>	
10:15-11:00	<b>Open</b>	VIP
11:00-4:00	<b>Open</b>	
4:00-6:45	Group Lessons	
6:45-8:15	<b>Open</b>	
8:15-10:00	Adult Swim	

Friday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:45-9:00	Adult Swim	
9:00-10:00	Aqua Fit- Linda	
10:00-5:30	<b>Open</b>	
5:30-7:00	Group Lessons	
7:00-10:00	<b>Open</b>	

Saturday	Right	Left
8:30-12:15	Group Lessons	
12:00-5:30	<b>Open</b>	
5:30-6:30	Community Swim	
6:30-7:30	Adult Swim	

Sunday	Right	Left
9:15-10:15	Aqua Fit	
10:15-11:30	Adult Swim	
11:30-4:00	<b>Open</b>	
4:00-5:00	Adult Swim	