



Brophy Pool
Effective 4/26/10

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		
1:25-4:00	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		
9:45-11:00	Group Lessons		
11:00-11:30	Lessons	Thera	
11:30-12:05	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:

Open	Pool is open for swimming for all ages.
Lap Swim	Pool is open for lap swim.
Group Fitness	Aquatic Aerobic fitness. Please see brochure for class descriptions.
Group Lessons	Must be a registered participant. Please see brochure for schedule and descriptive
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 descriptive
Masters	Must be a registered participant. Please see brochure for schedule and descriptive
Tri Train	Must be a registered participant. Great workout for advanced beginners to expert

Stauffer Pool

Effective 4/26/10-6/20/10

Updated- 4/23/10

	Lane					
Monday	1	2	3	4	5	6
5:35-6:45			Tri Train			Lap Sw
6:45-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-3:45	Lap Swim					
3:45-6:30	Swim Team Practice					
6:30-10:00	Lap Swim					

	Lane					
Tuesday	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

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

	Lane					
Thursday	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

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

	Lane					
Saturday	1	2	3	4	5	6
8:00-11:00	Swim Team Practice					
11:00-11:45	Swim Team					Masters
11:45-12:30	Lap Sw					Masters
12:30-1:30	Lap Swim					
1:30-6:30	Open					
6:30-7:30	Lap Swim					

	Lane					
Sunday	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					

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	Open	
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	Open	
10:15-11:00	Open	VIP
11:00-6:00	Open	
6:00-7:15	Group Lessons	
7:15-8:15	Open	
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	Open	
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	Open	
10:15-11:00	Open	VIP
11:00-4:00	Open	
4:00-7:15	Group Lessons	
7:15-8:15	Open	
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	Open	
5:30-7:00	Group Lessons	
7:00-10:00	Open	

Saturday	Right	Left
8:30-12:15	Group Lessons	
12:00-5:30	Open	
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	Open	
4:00-5:00	Adult Swim	