

Stauffer Pool

Effective 8/23/10-9/5/10

Updated- 8/12/10

Monday	Lane					
	1	2	3	4	5	6
5:35-2:30	Lap Swim					
2:30-3:45	Open					
3:45-6:00	Open				Lap Sw	
6:00-9:30	Lap Swim					

Tuesday	Lane					
	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-2:30	Lap Swim					
2:30-3:45	Open					
3:45-6:00	Open				Lap Sw	
6:00-8:15	Lap Swim					
8:15-9:30	Lap Sw		Masters			

Wednesday	Lane					
	1	2	3	4	5	6
5:35-2:30	Lap Swim					
2:30-3:45	Open					
3:45-6:00	Open				Lap Sw	
6:00-9:30	Lap Swim					

Thursday	Lane					
	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					
10:00-2:30	Lap Swim					
2:30-3:45	Open					
3:45-6:00	Open				Lap Sw	
6:00-8:15	Lap Swim					
8:15-9:30	Lap Sw		Masters			

Friday	Lane					
	1	2	3	4	5	6
5:35-2:30	Lap Swim					
2:30-6:15	Open				Lap Sw	
6:15-7:15	Deep Jog		Lap Swim			
7:15-9:30	Open					

Saturday	Lane					
	1	2	3	4	5	6
8:00-10:00	Swim Team Practice					
10:00-12:30	Lap Sw		Masters			
12:30-1:30	Lap Swim					
1:30-4:30	Open					
4:30-5:30	Lap Swim					

Sunday	Lane					
	1	2	3	4	5	6
7:30-10:30	Lap Swim					
10:30-1:00	Open					

Monday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:55-8:55	Aqua Fit- Shelly	
9:00-10:00	Adult Swim	
10:00-6:15	Open	
6:15-7:15	Aqua Fit- Patty	
7:15-9:30	Adult Swim	

Tuesday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Deb	
7:55-8:55	Aqua Fit- Shelly	
9:00-10:00	Adult Swim	
10:00-7:15	Open	
7:15-9:30	Adult Swim	

Stauffer Shallows & Aquatic Fitness Schedule

Wednesday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:55-8:55	Aqua Fit- Carla	
9:00-10:00	Adult Swim	
10:00-6:15	Open	
6:15-7:15	Aqua Fit- Patty	
7:15-9:30	Adult Swim	

Friday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:55-8:55	Aqua Fit- Amelie	
9:00-10:00	Adult Swim	
10:00-7:15	Open	
7:15-9:30	Adult Swim	

Thursday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Deb	
7:55-8:55	Aqua Fit- Shelly	
9:00-10:00	Adult Swim	
10:00-7:15	Open	
7:15-9:30	Adult Swim	

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

Sunday	Right	Left
7:30-9:00	Adult Swim	
9:15-10:15	Aqua Fit	
10:15-1:00	Open	