

# ECCLESTONE POOL : 2009 WEEKLY SCHEDULE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00	Adult Swim (7:00-8:20)		Adult Swim (7:00-8:20)				
8:00	Jr & Sr Team Synchro Practice (7:00-8:20)	Adult Swim (7:45-8:15)	Jr & Sr Team Synchro Practice (7:00-8:20)	Adult Swim (7:45-8:15)			
9:00	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons			
10:00					Bronze Med/ Bronze Cross Practical (9:00-10:30)		
11:00	Guppies (11:00-11:30)	Guppies (11:00-11:30)	Guppies (11:00-11:30)	Guppies (11:00-11:30)	Staff Training (10:30-12:00)		Swimming Lessons (11:00-12:00)
12:00	Aqua Fitness (11:30-12:00)	Aqua Fitness (11:30-12:00)	Aqua Fitness (11:30-12:00)	Aqua Fitness (11:30-12:00)			
1:00	Swim Team Practice 10-under (12:00-12:45)	Swim Team Practice 10-under (12:00-12:45)	Swim Team Practice 10-under (12:00-12:45)	Swim Team Practice 10-under (12:00-12:45)	Swim Team Practice 10-under (12:00-12:45)	Rubber Ducky Swim (12:00-2:00)	Rubber Ducky Swim (12:00-2:00)
2:00	Pre-Jr Synchro Practice (12:45-1:45)	Swim Team Practice 11+ (12:45-1:30)	Pre-Jr Synchro Practice (12:45-1:45)	Swim Team Practice 11+ (12:45-1:30)	Swim Team Practice 11+ (12:45-1:30)		
3:00	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)
4:00	Diving Team Practice (4:00-5:00)	Bronze Med/ Bronze Cross Theory (1:30-3:00)			Jr & Sr. Team Synchro Practice (4:00-5:00)		
5:00	Waterpolo Practice (5:00-6:00)			Solos/Duets Synchro Practice (5:00-6:00)	Waterpolo Practice (5:00-6:00)		
6:00							
7:00							
8:00		Waterpolo Practice (8:00-9:00)		Waterpolo Practice (8:00-9:00)			
9:00							

NOTES: When Ecclestone is closed for a competition, we have made arrangements for our members to swim at Elm Park Pool. Daily, on request from 6:00 to 9:00 p.m. one lane rope will be placed in the pool for adult lap swim.