

# ECCLESTONE POOL : 2010 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	Staff Training (10:00-12:00)	Bronze Medallion Course (8:00-11:00)	
10:00							
11:00							
11:00	Guppies (11:00-11:30)	Guppies (11:00-11:30)	Guppies (11:00-11:30)	Guppies (11:00-11:30)	Staff Training (10:00-12:00)		Swimming Lessons (11:30-12:00)
12:00	Synchro Lessons	Waterpolo Lessons	Diving Lessons (11:00-12:00)	Diving Practice (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 Fun Day	Rubber Ducky Swim (12:00-2:00)	Rubber Ducky Swim (12:00-2:00)
2:00	Swim Team Practice 11+ (12:45-1:30)	Swim Team Practice 11+ (12:45-1:30)	Swim Team Practice 11+ (12:45-1:30)	Swim Team Practice 11+ (12:45-1:30)			
3:00	Synchro (if necessary)	Synchro (if necessary)	Synchro (if necessary)	Synchro (if necessary)			
4:00	Free Swim (1:30-9:00)	Free Swim (1:30-9:00)	Free Swim (1:30-9:00)	Free Swim (1:30-9:00)	Free Swim (1:30-9:00)	Free Swim (2:00-9:00)	Free Swim (2:00-9:00)
5:00							
6:00							
5:00		Diving Team Practice (4:00-5:00)			Synchro Team & Pre-Jr Practice (4:00-5:00)		
6:00		Synchro Solos/Duets Practice (5:00-6:00)		Synchro Solos/Duets Practice (5:00-6:00)	Waterpolo 12&under Practice (5:00-6:00)		
7:00	Deep end closed when hosting waterpolo game		Pool closed when hosting a swim meet	Deep end closed when hosting a diving meet			
8:00							
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.