

WEEKLY SCHEDULE 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:20 to 8:40	Maintenance Adult Swim Jr & Sr Synchro Team Practice	Maintenance Adult Swim (8:00 to 8:35)	Maintenance Adult Swim Jr & Sr Synchro Team Practice	Maintenance Adult Swim (8:00 to 8:35)		Team Practices (if needed)	Maintenance
8:20 to 11:00	Swimming Lessons				Bronze Med/ Cross Practical (9:00 to 10:30)		
11:00 to 12:00	Guppies (11:00-11:30)		Aqua Fitness (11:30-12:00)		Staff Training (10:30 to 12:00)	Maintenance	Swimming Lessons (11:00 to 12:00)
	Synchro Lessons	Waterpolo Lessons	Diving Lessons	Dive Team Practice			
12:00 to 12:45	Swim Team Practice 8 & under, 9 & 10					Rubber Ducky Swim (12:00 to 2:00)	Rubber Ducky Swim (12:00 to 2:00)
12:45 to 1:30	Swim Team Practice 11 & 12, 13 & 14, 15+						
1:30 to 2:00	Synchro Solos, Duets & Pre- Junior Team Practice (1:30 to 2:30) Free Swim	Bronze Med/ Cross Theory (1:30-3:00) Free Swim	Free Swim				
2:00 to 4:00	Free Swim						
4:00 to 5:00	Free Swim	Dive Team Practice (deep end only)	Free Swim	Synchro Solos & Duets Practice (deep end only)	Jr & Sr Team & Pre-Junior Synchro Team Practice (deep end only)	Free Swim	Free Swim
5:00 to 6:00					12 & U Water Polo Team Practice (deep end only)		
6:00 to 9:00	Deep End closed when hosting Water polo game	Water Polo Team Practice (8:00-9:00)	Pool closed when hosting a swim meet	Deep end closed when hosting a diving meet Water Polo Team Practice (8:00-9:00)			

* Daily, upon request from 6:00pm to 9:00 pm (Monday through Friday) one lane rope will be placed in the pool for adult lap swim