


# WEEKLY SCHEDULE 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 9:00	Maintenance		Maintenance					8:00 9:00
9:00 11:00	Swimming Lessons					Team Practices (if needed)		9:00 10:30
	Guppies				Staff Training (10:30-12:00)	Maintenance	Maintenance	10:30 11:30
11:00 11:30	Synchro Teams	Diving Lessons (Beg+ Interm – 11:00 – 12:00) <sup>1</sup>	Synchro Teams	Waterpolo Lessons & Practice 12 & under Diving Team Practice				
11:30 12:00	Synchro Teams Synchro Lessons	Diving Lessons (Beg+ Interm) (Cont'd.) <sup>1</sup>	Synchro Teams	Diving Team Practice			Swimming Lessons	11:30 12:00
12:00 12:45	Swim Team Practice <sup>2</sup> 8 & under, 9 & 10					Rubber Ducky Swim <sup>4</sup>	Rubber Ducky Swim <sup>4</sup>	12:00 12:45
12:45 1:30	Swim Team Practice <sup>2</sup> 11 & 12, 13 & 14, 15+							12:45 1:30
1:45 2:00		Bronze Med/ Cross (1:45-3:15)						1:30 2:00
2:00 4:00	Leaders (2:-2:45)							2:00 4:00
4:00 5:00	Waterpolo Practice (4:30-5:30)	Diving Team Practice (4:00-5:00)	Free Swim <sup>3</sup>	Waterpolo Practice (4:00-5:00) 13 & over				4:00 5:00
5:00 6:00					Free Swim	Free Swim		5:00 6:00
6:00 9:00	Bronze Med/Cross 5:30 to 8:00 Masters 6:30 – 7:30	Deep end closed when hosting a Waterpolo game	Free Swim <sup>3</sup> Pool closed at 5 pm when hosting a swim meet	Deep end closed at 5pm when hosting a diving meet				6:00 9:00

<sup>1</sup> This one-hour lesson is split into 2 groups. Beginner's will practice on one board and intermediate on the other board. Diving team members cannot attend diving lessons.

<sup>2</sup> Minimum swim level is Green.

<sup>3</sup> Upon request, one lane rope will be placed in the pool for adult lap swim

<sup>4</sup> Inflatable toys are permitted in the pool.