



PUBLIC SWIM & HOT TUB TIMES

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JANUARY 22 TO MARCH 28, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
THE WHIRLPOOL IS OPEN DURING ANY LANE, LEISURE, OR AQUAPUMP PROGRAM AS WELL DURING OUR COMPETITIVE SWIM CLUB TIMES	LANE SWIMMING 8:30 - 10 AM	LANE SWIMMING 6:30 - 10 am	LANE SWIMMING 6:30 - 10 am	LANE SWIMMING 6:30 - 10 am	LANE SWIMMING 8:30 - 10 AM			
	AQUAPUMP, LANE SWIM & PRESCHOOL PLUNGE 9-10	AQUAPUMP & LANE SWIM 9 TO 10 am. A great fitness incentive & motivational program for all! (45 MIN WORKOUT) A preschool plunge is available for children 2 yrs. & older.						
	ARTHRITIC AQUACIZE 10-11 AM	LESSONS & SCHOOL PROGRAMS 10-12 NOON	ARTHRITIC AQUACIZE 10-11 AM	LESSONS & SCHOOL PROGRAMS 10-12 NOON	ARTHRITIC AQUACIZE 10-11 AM	SCHOOLS 11-12 NOON	LEARN TO SWIM PROGRAMS 10 TO 1 PM	LEARN TO SWIM PROGRAMS 10 TO 1 PM
	SCHOOLS 11-12 NOON		SCHOOLS 11-12 NOON		SCHOOLS 11-12 NOON			
	LANE SWIMMING 12 NOON TO 1 P.M. WITH PRESCHOOL PLUNGE FROM 12 TO 12:40 P.M.						LANE SWIMMING W/ PRESCHOOL PLUNGE 12 NOON TO 1	LANE SWIMMING W/ PRESCHOOL PLUNGE 12 NOON TO 1
	SCHOOL PROGRAMS 12:40-2:40	SCHOOL PROGRAMS 12:40 - 2:40	SCHOOL PROGRAMS 12:40 - 2:40	SCHOOL PROGRAMS 12:40 - 2:40	SCHOOL PROGRAMS 12:40 - 2:40	SCHOOL PROGRAMS 12:40 - 2	LEISURE SWIM 1 TO 5 PM	LEISURE SWIM 1 TO 5 PM
	JLC 3:45 TO 4:45 PM 	SYNCHRO & Lessons 3:45 TO 4:45 PM	JLC (3:45-4:45) AFTERSCHOOL PROGRAMS & DV SWIM CLUB 4:30 TO 6:00 PM	SYNCHRO & Lessons 3:45 TO 4:45 PM	SYNCHRO & Lessons 3:45 TO 4:45 PM	LEISURE SWIM 3 TO 5:30 PM	***** HELP PARK VALLEY POOL CELEBRATE IT'S 25TH BIRTHDAY ON MARCH 24 AT 5 PM WATER SHOW - CAKE - FREE SWIMMING TO FOLLOW! 	
	DV SWIM CLUB 4:45 TO 6:15 PM	DV SWIM CLUB & Lessons 4:45 TO 6:15 PM		DV SWIM CLUB & Lessons 4:45 TO 6:15 PM	DV SWIM CLUB & Lessons 4:45 TO 6:15 PM	TOONEY SWIM 5:30 TO 7:30 PM	NOTE: CHANGED SCHEDULE IN YELLOW AREA!!!!	
	WATERPOLO 6:15 TO 7:45 PM	LEISURE SWIM 6 TO 7:30 PM	TOONEY SWIM 6 TO 7:30 PM	LEISURE SWIM 6 TO 7:30 PM	LEISURE SWIM 6 TO 7:30 PM			
	Preschool Plunge 6 to 8:00 pm	LANE SWIM 6:15 TO 8:30 (1 LANE)	6 TO 7:30 PM	LANE SWIM 6:15 TO 8:30 (1 LANE)	LANE SWIM 6:15 TO 8:30 (1 LANE)	RENTAL TIME AVAILABLE		
Lessons & Lane Swim 7:45 to 8:45 pm	AQUAPUMP & PRESCHOOL PLUNGE 7:30-8:30 PM	Aquapump, Lane Swim & Preschool 7:30 TO 8:30 PM	AQUAPUMP & PRESCHOOL PLUNGE 7:30-8:30 PM	AQUAPUMP & PRESCHOOL PLUNGE 7:30-8:30 PM				

