

**Northeast Community Center
Swim Pool Schedule Aug 30 - Sept 12
Special Schedule Labor Day Sept. 6**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am - 6:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:00am - 8:00am	Lap Swim
6:15am - 7:00am		Deep Water Workout		Deep Water Workout		8:00am - 8:30am	Synchro Swim
7:00am - 8:30am		Lap Swim		Lap Swim		8:30am - 9:30am	Deep Water Workout
8:30am - 9:15am	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	9:30am -12:15pm	Swim Lessons
9:15am -9:45am	Open Swim	Aug 31 Open Swim Sept 7 Staff Training	Open Swim	Open Swim	Open Swim	12:15pm -1:30pm	Lap Swim
9:45am-10:30am	Arthritis Exercise		Arthritis Exercise	Open Swim	Arthritis Exercise	1:30pm - 4:00pm	Open Swim
10:30am - 11:00am	Open Swim		Open Swim	10:15am -11:00am Open Swim	Open Swim	4:00pm - 4:50pm	Lap Swim
11:00am-11:50pm	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	Labor Day Monday Sept 6th 7:00am - 8:30am Lap Swim 8:30am - 9:15am Water Workout (Participant led) 9:15am - 11:30am Open Swim 11:30am - 1:45pm Lap Swim	
11:50am-1:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:45pm-2:30pm	Senior Exercise	Arthritis Exercise	Senior Exercise	Arthritis Exercise	Senior Exercise		
2:30pm -4:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Sunday	
4:00pm - 4:30pm	Open Swim		Open Swim	Open Swim			
4:30pm - 5:30pm	Open Swim		Open Swim	Open Swim		1:00pm - 3:50pm	Open Swim
5:30pm - 6:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30pm - 7:00pm Pool Closed	
6:30pm - 7:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
7:30pm - 8:00pm	7:15pm - 8:00pm Open Swim	Open Swim	7:15pm - 8:00pm Open Swim	Open Swim	7:00pm - 8:00pm Sept 3 Open Swim Sept 10 Staff training	Help Us Maintain Top-Quality Pool Water: Children not toilet trained must wear swim diapers. Please shower before swimming and refrain from wearing body lotions, fragrances, hair spray/gels, and makeup into our pool.	
8:00pm - 8:50pm	Water Workout	Deep Water Workout	Water Workout	Deep Water Workout	Water Workout		
8:50pm - 9:20pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		

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	*Schedule subject to change		*Private lessons may occur during other activities			
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