

Northeast Community Center Swim Pool Schedule Sept. 13 - Oct. 24

	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 Adult Swim Lessons
8:30am - 9:15am	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	9:30am -12:15pm	Swim Lessons
9:15am -9:45am	TBA	Adult Lessons	TBA	TBA	Adult Lessons	12:15pm -1:30pm	Lap Swim
9:45am-10:30am	Arthritis Exercise	9:45am - 10:15am Swim Lessons	Arthritis Exercise	9:45am - 10:15am Swim Lessons	Arthritis Exercise	1:30pm - 4:00pm	Open Swim
10:30am - 11:00am	Open Swim	10:15am -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		
11:50am-1:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:45pm-2:45pm	Senior Exercise	Arthritis Exercise	Senior Exercise	Arthritis Exercise	Senior Exercise		
3:00pm -4:00pm	Open Swim	3:00pm - 3:30pm Open Swim	Open Swim	3:00pm - 3:30pm Open Swim	Open Swim		
4:00pm - 4:30pm	Open Swim	3:30pm - 5:30pm Swim Lessons	Open Swim	3:30pm - 5:30pm Swim Lessons		11:00am - 1:00pm	Lap Swim
4:30pm - 5:30pm	Swim Club		Swim Club			1:00pm - 3:50pm	Open Swim
5:30pm - 6:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	<p>**Non-swimmers and children under 7 years of age must be within arm's reach of a parent or responsible adult at all times.</p> <p>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.</p>	
6:30pm - 7:30pm	6:30pm - 7:15pm Swim Lessons	Swim Club	6:30pm - 7:15pm Swim Lessons	Swim Club	6:30pm - 7:00pm Pool Closed		
7:30pm - 8:00pm	7:15pm - 8:00pm Open Swim	Open Swim	7:15pm - 8:00pm Open Swim	Open Swim	7:00pm - 8:00pm Open Swim		
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		

**Northeast Community Center
Swim Pool Schedule Sept. 13 - Oct. 24**

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