



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INSTRUCTIONAL POOL (I-POOL) SCHEDULE

JANUARY 2ND – MARCH 1ST, 2012

I-Pool Schedule Jan 2 nd to March 1 st 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Schedule Begins Jan 2st and is subject to change</p> <p>General Swim Tips Please enter the pool from the shallow end. To avoid accidents, please be aware of other swimmers. Please use the equipment & toys properly.</p> <p>Please Note If pool reaches its limit at 25 swimmers, new swimmers must wait until limit has decreased to enter the pool.</p>	7:00-9:00 Women's Only Lap Swim	7:00-9:00 Therapy Swim	7:00-10:00 Women's Only Lap Swim	7:00-10:00 Therapy Swim	7:00-9:00 Lap Swim	POOL CLOSED	POOL CLOSED	
	9:00-10:00 Bayside	9:00-10:00 Port City Therapy			9:00-10:00 Port City Therapy			7:00-8:30 Lap Swim
	10:30-11:30 Prenatal Water Aerobics	10:00-11:00 Swim Lessons	10:00-11:30 Swim Lessons	10:00-11:00 Swim Lessons	10:00-11:00 Adult General	8:30-12:00 Swim Lessons	9:00-11:00 Adult Therapy Swim	
	11:30-12:30 Adult General	11:00-12:00 Arthritis Program	11:30-12:30 General Swim	11:00-12:00 Arthritis Program	11:00-12:30 General Swim	12:00-1:00 General Swim	11:00-12:00 Splash Party Rental	
	POOL CLOSED	POOL CLOSED	POOL CLOSED	12:00-1:00 Jade Therapy	POOL CLOSED	POOL CLOSED	1:00-2:00 Splash Party Rental	12:00-5:45 General Swim
				2:00-3:00 General Swim				
	2:30-3:30 Port City Therapy	3:00-4:00 Bayside	2:30-3:30 Port City Therapy	2:30-3:30 Port City Therapy	3:00 General Swim	3:00-4:00 Splash Party Rental		
	4:00-5:30 Swim Lessons	4:00-6:00 Swim Lessons	4:00-5:30 Swim Lessons	4:00-5:30 Swim Lessons	4:00-5:30 Swim Lessons	3:00-8:00 General Swim	POOL CLOSED	POOL CLOSED
	5:30-8:00 General Swim	6:00-7:00 Liquid Toning	5:30-6:30 Prenatal Water Aerobics	6:00-7:00 Liquid Toning	General Swim 8:00 PM			
		7:00-8:00 General Swim	6:30-8:00 Adult General	7:00-8:00 General Swim				