



LAP POOL SCHEDULE - LaCrest Health Center*

2012

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30	Open Swim		Open Swim		Open Swim		
7:00	↓		↓		↓		
8:00							
8:30		PT		PT			
9:00	↓	PT	↓	PT	↓	Open Swim	Open Swim
9:15		PT		PT		9:00-11:30	9:00-12:00
9:30	Hydrotrim	PT	Hydrotrim	PT	Hydrotrim		↓
10:00	9:30-10:15	PT	9:30-10:15	PT	9:30-10:15	Stretch&Tone	
10:30	Open Swim	PT	Open Swim	PT	Open Swim	10:15-10:45	↓
11:00		PT		PT			
11:30		PT		PT		Swim Lessons	Swim Lessons
12:00	12:00 closed	PT	12:00 closed	PT	12:00 closed	11:00-11:30	11:00-12:15
12:30	PT	PT	PT	PT	PT		
1:00	PT	PT	PT	PT	PT		
1:30	PT	PT	PT	PT	PT		
2:00	PT	PT	PT	PT	PT		
2:30	PT	PT	PT	PT	PT		
3:00	PT	PT	PT	PT	PT		
3:30	PT	PT	PT	PT	PT		
4:00	PT	PT	PT	PT	PT		
4:30	Open Swim	PT	PT	PT	PT		
5:00	4:30-8:00	PT	PT	PT	PT		
5:30	↓	PT	Aerobics	PT	PT		
6:00		PT	6:00-6:45	PT	PT		
6:30		PT	Open Swim	PT	PT		
7:00	↓	PT	5:30-8:00	PT	PT		
7:30		PT		PT	PT		
8:00							
9:00							

KEY: PT = Physical Therapy Use On! Open Swim = Free Swimming Time

Private Swim Lessons available!

* = Schedule Subject to Change.

