

NEW POOL SCHEDULE EFFECTIVE JANUARY 2, 2009



LAP POOL SCHEDULE - LaCrest Health Center*

Effective 1/2/09

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
AM 6:30	Open Swim		Open Swim		Open Swim		
7:00	6:30 - 9:15		6:30 - 9:15		6:30 - 9:15		
8:00	↓	PT	↓	PT	↓		
8:30							
9:00	↓		↓		↓	Open Swim	Open Swim
9:15	Aqua-Robics		Aqua-Robics		Aqua-Robics	9:00 - 11:30	9:00 - 11:30
9:30	↓		↓		↓	↓	↓
10:00	9:15-10:15		9:15- 10:15		9:15- 10:15		
10:30	Open Swim		Open Swim		Open Swim	↓	↓
11:00	10:15 - 12:00		10:15 - 12:00		10:15 - 12:00		
11:30	↓		↓		↓		
PM 12:00					PT		
12:30							
1:00							
1:30							
2:00			PT				
2:30							
3:00							
3:30							
4:00							
4:30	Open Swim		Open Swim				
5:00	4:30 - 5:30		4:30 - 5:30				
5:30	Aqua-Robics		Aqua-Robics				
6:00	5:30 - 6:30		5:30 - 6:30				
6:30	Open Swim						
7:00	6:30-8:00						
7:30	↓						
8:00							
9:00							

KEY: **PT** = Physical Therapy Use Only **Open Swim** = Free Swimming Time

Private Swimming Lessons Now Available!

* = Schedule Subject to Change.