

March 2010 Pool Schedule

GENERAL POOL HOURS: M-F 5AM-8:30PM / Sat. & Sun. 7AM-4:30PM

Times	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	Main	Therapy	Main	Therapy	Main	Therapy	Main	Therapy	Main	Therapy	Main	Main
5:00AM	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim			
6:00AM	5-7A		5-7A		5-7A		5-7A		5-7A			
7:00AM		Physical				Physical					Lap Swim	Masters Swim
8:00AM	Aqua Fitness	Therapy		Warm Water	Water Walking	Therapy		Warm Water	Aqua Fitness		7-8:30A	7:30-9A
9:00AM	8:30-9:30A	Closed		Exercise	8:30-9:30A	Closed		Exercise	8:30-9:30A		*Wellness	
9:30AM		7-10A		8-9A		7:00A		8-9A			Swim	
10:00Am				&		to		&			Lessons	
10:30AM				9-10A		10:30A		9-10A				
11:00Am												
11:30AM												
12:00PM					Stanstead team							
2:00PM		Closed		Closed for P.T.	2-3:30P	Closed						
3:00PM		for P.T.	School Prgm	2-4P	School Prgm	for P.T.		Closed for P.T.				
3:30PM		3P-4P	3:30-4:30P		3:30-5P	3P-4P		3P-4P				
4:30PM	Stanstead team		Stanstead team				Masters Swim		Stanstead team			
5:30PM	4:30-5:45P		4:30-5:45P		IROC Swim Team		4-5:30P		4:30-5:45P		Pool	Pool
6:30PM			IROC Swim Team		5:45-7P		IROC Swim Team				Closed	Closed
7:00PM			5:45-7P		*Parent/Child Swim		5:45-7P				4:30P	4:30P
7:30PM	Pool Closes at 8:30PM!											

Reminder: NO LAP SWIMMING available during Aqua Fitness and Youth Swim Teams. Please plan accordingly!

All youth must be supervised by an adult at all times when there is no lifeguard on duty!

Guard Hours: M-F 4P-6PM & Sat/Sun 12:30-3:30P (except special programs) **General Slide Hours:** M-F 4-5:30PM, Sat/Sun.1-3P

Special March Aquatic Center Events (Space will be limited):

*Stanstead College Swim Team will practice Weds. 2-3:30PM & Mon, Tues, Fri. from 4:30-5:45PM. **No Lap Lanes Available** during this time.

*Youth Swim Team will practice Tues., Wed. and Thurs. from 5:45-7PM. **No Lap Lanes Available** for general public during this time.

* **Therapy Pool Hours may be subject to change. Please call ahead.**

*WC= Wellness Center Class (Please call 334-5566 for more information or to register!) For more info on IROC programs call 334-8511 z/schedules/Pool/march2010