

**WINTER / SPRING 2010
POOL SCHEDULE**

JANUARY 1, 2010 thru MARCH 12, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6 lanes 5-8 am	Lap Swim 6 lanes Hydrofit 6-7 am Lap Swim 6 lanes 7-9 am	Lap Swim 6 lanes 5-8 am	Lap Swim 6 lanes Hydrofit 6-7 am Lap Swim 6 lanes 7-9 am	Lap Swim 6 lanes 5-9 am	Opens at 7:00 AM Lap Swim 6 Lanes 7-9 am	Opens at 7:00 AM
Shallow H2O 8-9 am	Shallow H2O	Shallow H2O	Shallow H2O	Shallow H2O	Shallow H2O	Lap Swim 6 Lanes 7:00 am-noon
Deep H2O 9-10 am*	Deep H2O 9:00-10:00 am	Deep H2O 9-10 am*	Deep H2O 9:00-10:00 am	Deep H2O 9-10 am*	Shallow H2O 9-10 am*	
Water Pilates 10-11 am*	Aqua-tots 10:00-10:30 am	Water Pilates 10-11 am*	Aqua-tots 10:00-10:30 am	Water Pilates 10-11 am*	Swim America Stroke Clinic 10-11:00 am	Family Swim noon-6:30 pm
Family Swim 11:00 am - 1:30 pm	Family Swim 10:30-12:30 pm	Family Swim 11 am-1:30 pm	Family Swim 10:30-12:30 pm	Family Swim 11 am - 1:30 pm	Swim America School Age 11:00-11:30 11:30-12:00	
Shallow H2O 1:30-2:30 pm*	Family Swim Pre-school 12:30-2:00 pm	Shallow H2O 1:30-2:30 pm*	Swim America Pre-school 12:30-2 pm	Shallow H2O 1:30-2:30 pm*	Pre-school noon-12:30 pm 12:30-1 pm 1-1:30	Family Swim 1:30 - 6:30 pm
Family Swim 2:30 to 3:30 pm	Family Swim 2:00 -3:30 pm	Family Swim 2:30 to 3:30 pm	Family Swim 2:00 to 3:30 pm	Family Swim 2:30 to 3:30 pm	Family Swim 1:30 - 6:30 pm	
HIGH SCHOOL TEAM PRACTICE 3:30 to 5:30 pm	HIGH SCHOOL TEAM PRACTICE 3:30 to 5:30 pm	HIGH SCHOOL TEAM PRACTICE 3:30 to 5:30 pm	HIGH SCHOOL TEAM PRACTICE 3:30 to 5:30 pm	HIGH SCHOOL TEAM PRACTICE 3:30 to 5:30 pm	Closes at 6:30 pm	Closes at 6:30 pm
Family Swim 5:30-6:30	Swim America School Age 5:30-6:30 pm	Family Swim 5:30-6:30	Swim America School Age 5:30-6:30 pm	Family Swim 5:30 to 9:30 pm		
Shallow H2O Deep H2O 6:30-7:30 pm	Shallow H2O Deep H2O 6:30 to 7:30 pm	Shallow H2O Deep H2O 6:30-7:30 pm	Shallow H2O Deep H2O 6:30 to 7:30 pm	Easter Seals 5:30-7 pm 2 lanes only	* Babysitting at Kids Korner is available. Please note: We will attempt to have 2 lap lanes available during open hours. Please check postings in the pool for changes in schedule.	
Family Swim 7:30-9:30 pm	Family Swim 7:30-9:30 pm	Family Swim 7:30-9:30 pm	Family Swim 7:30- 9:30 pm	Family Swim 5:30-9:30 pm		

For your information the Hempfield High School Swim Team will have home meets on the following dates- Jan.5th, 13th, 21st, 28th . Pool will close at 2pm and reopen for aerobics and lap swimming at 6:30pm. Feb. 2nd(pool will not reopen after this meet it is there senior night)
Hempfield High Schools schedule of away meets that the pool **will be available** for you from 3:30 TILL 6:30PM Jan. 11th, 15th, 19th, 26th Feb. 3rd, 18th

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE