

SPY AQUATICS - WINTER POOL SCHEDULENovember 30th, 2009 to February 28th, 2010

Please Note-Pool doors will be locked ½ hour prior to closing

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-6:45	MASTERS(5L) Lap (1L)	Lap (4L) Water Walking(2L)	MASTERS(5L) Lap (1L)	Lap (4L) Water Walking(2L)	MASTERS(5L) Lap (1L)	CLOSED	MASTERS
6:45-8:00	Lap (4L) Water Walking(2L)	Lap (4L) Water Walking(2L)	Lap (4L) Water Walking (2L)	Lap (4L) Water Walking(2L)	Lap (4L) Water Walking(2L)	CLOSED	MASTERS
8:00-8:45	Lap (4L) Water Walking (2L)	Lap (4L) Water Walking(2L)	Lap (4L) Water Walking (2L)	Lap (4L) Water Walking(2L)	Lap (4L) Water Walking(2L)	CLOSED	CLOSED
8:45-9:00	Swimnastics (3L) Lap (3L)	Lap (4L) Water Walking(2L)	Swimnastics (3L) Lap (3L)	Lap (4L) Water Walking(2L)	Swimnastics (3L) Lap (3L)	CLOSED	CLOSED
9:00-9:30	Swimnastics (3L) Lap (3L)	Aquajog (3L) Lap (3L)	Swimnastics (3L) Lap (3L)	Aquajog (3L) Lap (3L)	Swimnastics (3L) Lap (3L)	CLOSED	CLOSED
9:30-9:45	Swimnastics (3L) Lap (3L)	Aquajog (3L) Lap (3L)	Swimnastics (3L) Lap (3L)	Aquajog (3L) Lap (3L)	Swimnastics (3L) Lap (3L)	Aquajog Swim Lessons	CLOSED
9:45-10:00	MASTERS (4L)	Aquajog (3L) Lap (3L)	MASTERS (4L)	Aquajog (3L) Lap (3L)	MASTERS (4L)	Aquajog Swim Lessons	CLOSED
10:00-10:30	MASTERS (4L)	Open/Lap Swim	MASTERS (4L)	Open/Lap Swim	MASTERS (4L)	Aquajog Swim Lessons	CLOSED
10:30-11:00	MASTERS (4L)	Open/Lap Swim	MASTERS (4L)	Open/Lap Swim	MASTERS (4L)	Swim Lessons MS Class	CLOSED
11:00-11:30	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Swim Lessons MS Class	CLOSED
11:30-12:45	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Swim Lessons	CLOSED
12:45-1:15	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Swim Lessons	SPY
1:15-2:00	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open(1L)Lap (2L) Indian Creek (3L)	CLOSED	SPY
2:00-2:30	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open(1L)Lap (2L) Indian Creek (3L)	Open/Lap Pool Rental	SPY
2:30-3:00	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Pool Rental	SPY
3:00-4:00	SPY/SEVERN	SPY/SEVERN	SPY/SEVERN	SPY/SEVERN	SPY/SEVERN	Open/Lap Pool Rental	SPY
4:00-5:00	SPY	SPY	SPY	SPY	SPY	Open/Lap Pool Rental	IMST
5:00-6:00	SPY	SPY	SPY	SPY	SPY	CLOSED	Triathlon Swim Training
6:00-7:00	SPY	SPY	SPY	SPY	SPY	CLOSED	SCUBA
7:00-7:30	SPY	SPY (4L) Lap Swim (2L)	SPY	SPY (4L) Lap Swim (2L)	IMST	CLOSED	SCUBA
7:30-8:00	SPY	Lap Swim	SPY	SPY (4L) Lap Swim (2L)	IMST	CLOSED	SCUBA
8:00-8:30	SPY (4L) Lap (2L)	MASTERS (5L) Lap (1L)	Open/Lap Swim	MASTERS (5L) Lap (1L)	CLOSED	CLOSED	CLOSED
8:30-9:00	Lap Swim	MASTERS	Open/Lap Swim	MASTERS (5L) Lap (1L)	CLOSED	CLOSED	CLOSED

Please refer to our Thanksgiving Holiday schedule for the pool schedule between 11/22 & 11/29.

Please refer to our Winter Holiday schedule for the pool schedule between 12/24 & 1/2.

Join us on Saturday, January 2nd for the Fitness Expo 2010.