

**SPY AQUATICS - FALL POOL SCHEDULE**

**November 30<sup>th</sup>, 2009 to February 28<sup>th</sup>, 2010**

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

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>8:00-9:00</b>	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	CLOSED	CLOSED
<b>9:00-10:00</b>	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Wellspring Swim Swim Lessons	Swim Lessons	CLOSED
<b>10:00-10:30</b>	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons Aqua Yoga	Wellspring Swim Swim Lessons	Swim Lessons	CLOSED
<b>10:30-11:00</b>	Swim Lessons Wellspring Swim	Swim Lessons Total Joint	Swim Lessons Wellspring Swim	PT/Lessons Total Joint/AquaYoga	PT/Lessons Wellspring Swim	Swim Lessons	CLOSED
<b>11:00-11:30</b>	Physical Therapy Wellspring Swim	Physical Therapy Total Joint	Physical Therapy Wellspring Swim	PT/Total Joint Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons	CLOSED
<b>11:30-12:00</b>	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons	CLOSED
<b>12:00-12:30</b>	Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons	CLOSED
<b>12:30-1:00</b>	Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons	CLOSED
<b>1:00-2:00</b>	Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	CLOSED
<b>2:00-2:30</b>	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	CLOSED
<b>2:30-3:00</b>	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	Wellspring Swim	CLOSED
<b>3:00-3:30</b>	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis	Parent & Infant Swim	CLOSED
<b>3:30-4:00</b>	Swim Lessons Sibling Swim	Swim Lessons	Swim Lessons Sibling Swim	Swim Lessons	Physical Therapy Wellspring Swim	Parent & Infant Swim	CLOSED
<b>4:00-4:30</b>	Swim Lessons Sibling Swim	Swim Lessons	Swim Lessons Sibling Swim	Swim Lessons	Physical Therapy Wellspring Swim	CLOSED	CLOSED
<b>4:30-5:00</b>	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Physical Therapy Wellspring Swim	CLOSED	CLOSED
<b>5:00-6:00</b>	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Physical Therapy Wellspring Swim	CLOSED	CLOSED
<b>6:00-6:30</b>	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Parent & Infant Swim	CLOSED	CLOSED
<b>6:30-7:00</b>	Arthritis	Arthritis	Physical Therapy Wellspring Swim	Arthritis	Parent & Infant Swim	CLOSED	CLOSED
<b>7:00-7:30</b>	Arthritis	Arthritis	Physical Therapy Wellspring Swim	Arthritis	CLOSED	CLOSED	CLOSED
<b>7:30-8:30</b>	Wellspring Swim Physical Therapy	Wellspring Swim Low Impact AquaJog	Physical Therapy Wellspring Swim	Wellspring Swim Low Impact AquaJog	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 2<sup>nd</sup> for the Fitness Expo 2010.**