

RIVER VALLEY INDOOR POOL SCHEDULE: Winter 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:30 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Pool Opens 7:00 AM Adult Lap Swim	Pool Opens 7:00 AM Adult Lap Swim
8:30-9:30 AM	Water Aerobics 1 Lap Lane	Master Swim 8:30 – 10:00 AM	Water Aerobics 1 Lap Lane	Master Swim 8:30 – 10:00 AM	Water Aerobics 1 Lap Lane	Water Aerobics 1 Lap Lane	Adult Lap Swim
9:30-12:00 PM	Power Water Aerobics 9:30 – 10:30 1 Lap Lane	Open Swim 1 Lap Lane	Power Water Aerobics 9:45 – 10:45 1 Lap Lane	Open Swim 1 Lap Lane	Home School Swim Lessons 9:30 – 12:30 (1/8-2/26)off 2/12&19 (3/26 - 5/14) off 4/9 &16	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane
12:00-1:00 PM	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Master Swim	Master Swim
1:00-4:00 PM	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	POOL CLEANING 2:00-3:00 ----- Open Swim 1 Lap Lane 1:00 – 2:00 3:00 – 4:00	Open Swim 1:00-4:00 1 Lap Lane	Open Swim 1 Lap Lane	Family Swim**	Family Swim
4:00-5:00 PM	Swim Lessons 4:30-6:00 PM (1/4 – 3/8) 1 Lap Lane	Junior Swim Team (1/5 – 3/10)	Junior Swim Team (1/5 – 3/10)	Adult Lap Swim	Adult Lap Swim	Open Swim 1 Lap Lane	Adult Lap Swim
5:00-7:00 PM	Water Aerobics 6:00 – 7:00 1 Lap Lane	Pre-School Swim Lessons (1/12 – 1/28) (2/9 – 2/25) 1 Lap Lane	Water Aerobics 6:00 – 7:00 1 Lap Lane	Pre-School Swim Lessons (1/12 – 1/28) (2/9 – 2/25) 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane
7:00-10:00 PM	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane	Open Swim 1 Lap Lane

Lap Swim...

Enjoy the company of other adults as you relax & swim laps in our 25 yard pool. Swimming is a great form of exercise because you utilize every muscle in your body. Participants are encouraged to share lanes. A lap lane is always available, except during Junior Swim Team. Lap lanes are to be used by swimmers over 14 years of age.

Open Swim...

Open swim allows families & individuals to come in & use the pool for recreational activities, lap swim & fun. A parent or guardian must be present when children under the age of 14 are swimming. Lap lanes are to be used by swimmers over 14 years of age.

CHECK POOL SCHEDULE FOR TIMES.

**BIRTHDAY PARTIES ARE AVAILABLE ON SATURDAYS. THESE PARTIES MUST BE PAID IN ADVANCE. SIGN UP AT THE FRONT DESK.

