

RIVER VALLEY INDOOR POOL SCHEDULE

January 2 – March 18, 2012

	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 7:45 AM Adult Lap Swim
8:30-9:30 AM	Water Aerobics	Master Swim 8:00 – 10:00 AM HOT TUB CLOSED 8:00AM –12:00PM	Water Aerobics <i>1 Lap Lane</i>	Master Swim 8:00 – 10:00 AM	Water Aerobics <i>1 Lap Lane</i>	Water Aerobics <i>1 Lap Lane</i>	Adult Lap Swim
9:30-12:00 PM	Power Water Aerobics 9:30 – 10:30 <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Power Water Aerobics 9:30 – 10:30 <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Swim Lessons 9:45AM-Noon (1/6-3/9) <i>1 Lap Lane</i>	Open Swim 9:30 - 11:30AM <i>1 Lap Lane</i>
12:00-1:00 PM	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Master Swim 11:30 – 1:00	Master Swim 11:30 - 1:00
1:00-4:00 PM	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Family Swim <i>1 Lap Lane</i>	Family Swim <i>1 Lap Lane</i>
4:00-5:00 PM	Swim Lessons 4:30-6:00pm (1/2-3/5) <i>1 Lap Lane</i>	Junior Swim Team (1/3-3/8)	Swim Lessons 4:30-6:00pm (1/4-3/7) <i>1 Lap Lane</i>	Junior Swim Team (1/5-3/10)	Adult Lap Swim	Open Swim <i>1 Lap Lane</i>	Adult Lap Swim
5:00-7:00 PM	Water Aerobics 6:00 – 7:00 <i>1 Lap Lane</i>	Preschool Swim Lessons (1/10-1/24) (2/7-2/21) <i>1 Lap Lane</i>	Water Aerobics 6:15 – 7:15 <i>1 Lap Lane</i>	Preschool Swim Lessons (1/12-1/26) (2/9-2/23) <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>
7:00-10:00 PM Mon – Fri 7:00-8:30 PM Sat – Sun	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>	Open Swim <i>1 Lap Lane</i>

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.