

# HEALTHPLUS FITNESS CENTER

## October 2015 POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5:45 - 7:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:00 - 8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00 - 9:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:15 - 10:15	Water In Motion	Water In Motion	Water In Motion	Water In Motion	Water In Motion
11:00 - 12:15	Stretch Your Body	Lap Swim(10:30 - 12:15)	Stretch Your Body	Lap Swim(10:30 - 12:15)	Stretch Your Body
12:15 - 12:45	Lap Swim	Lap Swim(12:15 - 1:00)	Lap Swim	Lap Swim(12:15 - 1:00)	Lap Swim
1:00- 2:00	Senior Water	Lap Swim	Senior Water	Lap Swim	Senior Water
2:00 - 2:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 - 4:30	Children's Swim Lessons	Children's Swim Lessons	Children's Swim Lessons	Children's Swim Lessons	Kid's Gym
4:30 - 5:30	Youth Swim for Fitness	Youth Swim for Fitness	Youth Swim for Fitness	Youth Swim for Fitness	Kid's Gym (3:30-6)
5:30 - 6:30	Instructor's Choice	Lap Swim(5:45p - 6:15p)	Lap Swim(5:45p - 6:15p)	Water In Motion	Family Swim (Starts at 6:00pm)
6:30 - 7:40	Children's Swim Lessons	Children's Swim Lessons	Children's Swim Lessons	Children's Swim Lessons	Family Swim
7:40 - 8:30	Children's Swim Lessons	Children's Swim Lessons	Children's Swim Lessons	Children's Swim Lessons	Family Swim
8:30 - 8:45	Lap Swim ( Pool closes at 8:45pm)	Lap Swim ( Pool closes at 8:45pm)	Lap Swim ( Pool closes at 8:45pm)	Lap Swim ( Pool closes at 8:45pm)	Lap Swim ( Pool closes at 8:45pm)
SATURDAY		SUNDAY			
6:30 - 8:00	Lap Swim	1:00 - 2:30	Lap Swim	<b><u>Kid's Camp Dates - October 15 &amp; 16</u></b> <b>Children will be swimming from:</b> <b>2:00-3:00 October 15</b> <b>3:30-6:00 October 16</b>	
8:00 - 8:50	Lap Swim	2:30 - 6:30	Family Swim		
9:15 - 10:15	Instructor's Choice	6:30 - 6:45	Lap Swim ( Pool closes at 6:45pm)	<b>TWO LANES ARE AVAILABLE FOR LAP SWIM AT ALL TIMES</b>	
10:30 - 2:00	Lap Swim	<b>INSTRUCTOR: PLEASE REFER TO THE AQUATICS &amp; CYCLING SCHEDULE FOR INSTRUCTOR DETAILS!</b>		<b>Private Swim Lessons, Aquatic Therapy, Birthday Parties, and Infant Swimming Resource® Lessons are held at various times during pool hours. HealthPlus Fitness Center reserves the right to change the pool schedule at any time.</b>	
2:00 - 6:30	Family Swim				
6:30 - 6:45	Lap Swim ( Pool closes at 6:45pm)				