

Warm Pool Schedule

July 2010

Special Events

- ◆ Aqua Classes are free to members.
- ◆ Aquatic Instructors class teaching schedules vary
- ◆ Aqua Zumba- 1st & 3rd Wed during 9 AM Arthritis Class!
- ◆ Kid's Camp will use the Warm Pool-
 - Monday, July 12th- 3:45 to 4:45 PM
 - Wednesday, July 14th- 3:45 to 4:45 PM
 - Monday, July 19th- 3:45 to 4:45 PM
 - Wednesday, July 21st- 3:45 to 4:45 PM



- DIVING NOT ALLOWED
- No Water Wings
- Please return equipment to storage racks.
- Blue float belts are for adult swimmers only.
- A lift is available for access to the Warm or Rec Pool. Please arrange assistance with Aquatics Staff.
- Parent must be in the same pool with children ages 7 and under.

Prime Time ~ 5:00pm - 7:00pm ~ Monday - Thursday
 We ask that you refrain from bringing children ages 13 and under into the Peak (except child care) between the hours of 5-7pm Monday through Thursday. This is our Prime Time and we reserve this time for our adult members. Children taking lessons or participating in programs are an exception.

Schedule Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am						Closed		
5:30am								
6:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
6:30am	5:00 - 9:00	5:00 - 8:00	5:00 - 9:00	5:00 - 8:00	5:00 - 9:00			
7:00am								
7:30am								Adult Only Swim
8:00am		8:00- 8:50 Arthritis Workout		8:00 - 8:50 Arthritis Workout				7:00 - 8:30
8:30am								
9:00am	9:00 - 9:50 Arthritis Workout	9:00 - 11:00 Swim Lessons	9:00 - 9:50 Arthritis Workout	9:00 - 11:00 Swim Lessons	9:00 - 9:50 Arthritis Workout		 9:00 AM to 6:45 PM Open Swim 7:00 am to 6:45 pm	
9:30am								
10:00am	10:00 - 10:50 Arthritis Workout		10:00 - 10:50 Arthritis Workout	10:00 - 10:50 Swim Lessons	10:00 - 10:50 Arthritis Workout			
10:30am								
11:00am	11:10 - 12:00 Arthritis Workout	11:00 to 12:30 Open Swim	11:10 - 12:00 Arthritis Workout	11:00 to 12:30 Open Swim	11:10 - 12:00 Arthritis Workout			
11:30am								
12:00pm	Adult Only Swim		Adult Only Swim		Adult Only Swim			
12:30pm	12:00 - 1:30	12:30 - 1:20 Arthritis Workout	12:00 - 1:30	12:30 - 1:20 Arthritis Workout	12:00 - 1:30			
1:00pm								
1:30pm	1:30 - 3:30 Open Swim	1:30 - 2:20 Speciality Class by Registration Only	1:30 - 3:30 Open Swim	1:30 - 2:20 Speciality Class by Registration Only				
2:00pm								
2:30pm		2:30 - 3:20 Arthritis Workout		2:30 - 3:20 Arthritis Workout				
3:00pm								
3:30pm	3:30 - 5:00 Swim Lessons	3:30 - 5:00 Swim Lessons	3:30 - 5:00 Swim Lessons	3:30 - 5:00 Swim Lessons	1:30- 8:45			
4:00pm								
4:30pm								
5:00pm	Adult Only Swim 5:00 - 5:40		Adult Only Swim 5-5:40		Open Swim			
5:30pm	AquaFit	5:00 - 6:00 Adult Only Swim	AquaFit	5:00 - 6:00 Adult Only Swim				
6:00pm	5:40 - 6:30	6:00 - 6:30 Waterbugs	5:40 - 6:30	6:00 - 6:30 Waterbugs				
6:30pm	Adult Only	6:30 - 8:00 Swim Lessons		6:30 - 8:00 Swim Lessons				
7:00pm								
7:30pm								
8:00pm	7:00 - 9:45		7:00 - 9:45 Open Swim					
8:30pm	Open Swim	8:00 -9:45 Open Swim		8:00 -9:45 Open Swim				
9:00pm								

Rec Pool Schedule

July 2010



727-7325

Special Events

- 🏊 Aqua classes are free to members.
- 🏊 Aquatic instructors class teaching schedules vary
- 🏊 PEAK Swim Meet (all lanes in use)-
Thursday, July 22nd- 6 to 8 PM

- 🏊 DIVING NOT ALLOWED
- 🏊 No Water Wings
- 🏊 Please return equipment to storage racks.
- 🏊 Blue float belts are for adult swimmers only.
- 🏊 Parents must be in the same pool with children ages 7 and under.

Prime Time ~ 5:00pm - 7:00pm ~ Monday - Thursday
We ask that you refrain from bringing children ages 13 and under into the Peak (except child care) between the hours of 5-7pm Monday through Thursday. This is our Prime Time and we reserve this time for our adult members. Children taking lessons or participating in programs are an exception.

Lap Swim Open Swim Adult Only Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	5:00-6:00 LAP SWIM	LAP SWIM	5:00-6:00 LAP SWIM	LAP SWIM	5:00-6:00 LAP SWIM	Closed	
5:30am							
6:00am	6:00 - 6:50 Deep H ₂ O Sweat (4 lanes) <small>LAP SWIM 2 LANES</small>	6-7, "Waves" Swim Team (2 lanes)	6:00 - 6:50 Deep H ₂ O Sweat (4 lanes) <small>LAP SWIM 2 LANES</small>	6-7, "Waves" Swim Team (2 lanes)	6:00 - 6:50 Deep H ₂ O Sweat (4 lanes) <small>LAP SWIM 2 LANES</small>		
6:30am							
7:00am						7:00 - 11:00	7:00 - 12:00
7:30am		5:00 am to 1:00 pm		5:00 am to 1:00 pm			
8:00am	7:00-10:00 LAP SWIM		7:00-10:00 LAP SWIM		7:00-10:00 LAP SWIM		
8:30am							
9:00am						"Waves" Swim Team 9-10:30	
9:30am							8:30-9:30 Kayak Class (4 lanes)
10:00am	10:10 - 11:00 Aqua Motion (4 lanes) <small>LAP SWIM 2 LANES</small>	Swim Lessons Share Pool	10:10 - 11:00 Aqua Motion ~(4 lanes) <small>LAP SWIM 2 LANES</small>	Swim Lessons Share Pool	10:10-11:00 Aqua Motion (4 lanes) <small>LAP SWIM 2 LANES</small>		
10:30am							
11:00am	11:00 to 1:00		11:00 to 1:00		11:00 to 1:00		
11:30am		LAP SWIM		LAP SWIM			
12:00pm	Lap Swim		Lap Swim		Lap Swim		
12:30pm							
1:00pm							
1:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim	Lap Swim
2:00pm	1:00 - 3:30	1:00 - 3:30	1:00 - 3:30	1:00 - 3:30	1:00- 3:30	Open Swim	Open Swim
2:30pm	Swim Lessons Share Pool (2 Lanes)	Swim Lessons Share Pool (2 Lanes)	Swim Lessons Share Pool (2 Lanes)	Swim Lessons Share Pool (2 Lanes)	Swim Lessons Share Pool (2 Lanes)	11:30 - 6:45	12:00 - 6:45
3:00pm							
3:30pm	3:30 - 6:00	3:30 - 6:00	3:30 - 6:00	3:30 - 6:00	3:30 - 6:00		
4:00pm							
4:30pm	"Waves" Swim Team (all lanes)	"Waves" Swim Team Swim Lessons (all lanes)	"Waves" Swim Team (all lanes)	"Waves" Swim Team Swim Lessons (all lanes)	"Waves" Swim Team (all lanes)		
5:00pm							
5:30pm							
6:00pm	6:00 - 7:00 Lap Swim Adult Only	6:00 - 7:00 Lap Swim Adult Only	6:00 - 7:00 Lap Swim Adult Only	6:00 - 7:00 Lap Swim Adult Only	6:00 - 7:00 Lap Swim		
6:30pm							
7:00pm	Open Swim	"Waves" Swim Team 7-8:30 (2 lanes) <small>Swim Lessons Share Pool</small>	Open Swim	"Waves" Swim Team 7-8:30 (2 lanes) <small>Swim Lessons Share Pool</small>	Open Swim		
7:30pm							
8:00pm	7:00 - 9:45	Open Swim 7:00- 9:45	7:00- 9:45	Open Swim 7:00- 9:45	7:00 - 8:45		
8:30pm							
9:00pm							