

# Huntley Weekly Pool Schedule

Schedule valid December 19 - February 25, 2012

Time/Place	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			Time/Place	
	Leisure	Lap	Therapy	Leisure	Lap	Therapy	Leisure	Lap	Therapy	Leisure	Lap	Therapy	Leisure	Lap	Therapy	Leisure	Lap	Therapy	Leisure	Lap	Therapy		
5:00-5:30am	AST*	AST*	AST*	AST*	Adult Masters 5:15-6:15	AST*	AST*	AST*	AST*	AST*	AST*	AST*	AST*	AST*	AST*							5:00-5:30am	
5:30-6:00am																							5:30-6:00am
6:00-6:30am																							6:00-6:30am
6:30-7:00am																							6:30-7:00am
7:00-7:30am																							7:00-7:30am
7:30-8:00am																							7:30-8:00am
8:00-8:30am	Aqua Sprint 8am-9am																						8:00-8:30am
8:30-9:00am	Aqua Sprint 9am-10am																						8:30-9:00am
9:00-9:30am				Whole Water Works 9am-10am																			9:00-9:30am
9:30-10:00am	AWE 2 10am-11am				Aqua Boot Camp	AWE 1 10:30-11:30am																	9:30-10:00am
10:00-10:30am																							10:00-10:30am
10:30-11:00am																							10:30-11:00am
11:00-11:30am			AWE 1 11-12pm																				11:00-11:30am
11:30-12:00pm																							11:30-12:00pm
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2:00-2:30pm																							2:00-2:30pm
2:30-3:00pm																							2:30-3:00pm
3:00-3:30pm																							3:00-3:30pm
3:30-4:00pm		Huntley Swim Team																					3:30-4:00pm
4:00-4:30pm																							4:00-4:30pm
4:30-5:00pm	Children's Swim Lessons 4:00-8:00pm			Children's Swim Lessons 4:00-6:00pm																			4:30-5:00pm
5:00-5:30pm					Endurance Swim																		5:00-5:30pm
5:30-6:00pm		Adult Stroke Improvement																					5:30-6:00pm
6:00-6:30pm		Tri-Training 6:15pm-7pm		Whole Water Works 6pm-7pm																			6:00-6:30pm
6:30-7:00pm		Swim Team Prep																					6:30-7:00pm
7:00-7:30pm																							7:00-7:30pm
7:30-8:00pm																							7:30-8:00pm
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10:30-11:00pm																							10:30-11:00pm

**PLEASE NOTE:**

- 1) AST\* (ADULT SWIM TIME): All open areas in BLUE are open swim for adults with the exception of Private Lessons\* WHICH MAY BE SCHEDULED AT ANY TIME.
- 2) Classes highlighted in WHITE (Paid Classes) or PURPLE (Free Classes) are for adults only.
- 3) Children are present during times highlighted in GREEN and PINK
- 4) Family Fitness and Family Swim Times are highlighted in GREEN
- 5) Master Swim (PURPLE) - Instructor provided most days, all swim levels and workout levels welcomed
- 6) During the Summer and Holidays there may be additional programming in the Pools not listed above
- 7) Swim Intensives 12/26-12/30/2011 10a-12p Leisure Pool and Swim Intensives 1/2 - 1/6/2012 4p-6pm in Leisure Pool
- 8) Tuesday/Thursday/Friday Evenings 6pm-9pm - 2 Lap Lanes will be used- see special usage sign for exact dates/pools
- 9) Adult Stroke Improvement 5:30pm-6:15pm(M); Tri Training 6:15pm-7pm(MW) and 6pm-6:45pm(F)- may use ALL 4 lanes
- 10) Wednesday 8am Class - Neptunes - is for Men Only

**POOL RULES:**

**Leisure Pool:**

Children under the age of 14 must be accompanied by a parent at all times.

**Lap Pool:**

Members must be 14 years of age or older to swim in the lap pool with the exception of programs highlighted in pink or private swim lessons.

**Therapy Pool:**

Sitting in the whirlpool and therapeutic usage are permitted with adult supervision. No running, jumping, or splashing is permitted at any time.

Only REGISTERED class participants during class times in white and pink permitted.

\*\*\*Private Pool rentals may be in certain pools on Saturdays and Sundays before or after Family Fitness Times - at these times only children in these parties are allowed in the water