

ISY Fall Pool Schedule

SEPTEMBER 6 - OCTOBER 30, 2011

During the SWIM LESSONS we DO NOT have OPEN SWIM from 5:30 - 6:30pm on TUES/THURS
AND from 10am - 12pm on Saturday

Family Fun Night 3rd FRIDAY of the month at 6:30-8:30pm

**** Pool Schedule can change without prior notice.**

**** Friday may be used for make up swim lessons
if they are stormed out during the week.**

MAIN POOL

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|----------------------------------|--------------------------------|----------------------------------|--------------------------------|------------------------------|---|
| 5:30 - 7:15am | ADULT LAPS | ADULT LAPS | ADULT LAPS | ADULT LAPS | ADULT LAPS | CLOSED |
| 7:15 - 8:00am | 3 LAP LANES CLASS | ADULT LAPS | 3 LAP LANES CLASS | 3 LAP LANES CLASS | ADULT LAPS | |
| 8:00 - 9:00am | CLASS Short Adult Laps | SR. CLASS Short Adult Laps | CLASS Short Adult Laps | SR. CLASS Short Adult Laps | CLASS Short Adult Laps | 8:00am-12:00pm ADULT LAPS * 10:00am - 11:00am CLASS / ADULT LAPS |
| 9:00 - 10:00am | 2 LAP LANES WATER FITNESS 9am | 3 LAP LANES 3 OPEN | 2 LAP LANES WATER FITNESS 9am | 3 LAP LANES 3 OPEN | 2 LAP LANES REHAB | |
| 10:00 - 11:00am | 2 LAP LANES REHAB | 2 LAP LANES REHAB | 2 LAP LANES REHAB | 2 LAP LANES REHAB | 3 LAP LANES 3 OPEN | |
| 11:00-2:00pm | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | |
| 2:00 - 3:00pm | ARTHRITIS CLASS | 2 LANES LAPS CLASS | ARTHRITIS CLASS | 2 LANES LAPS CLASS | ARTHRITIS CLASS | 12:00pm UNTIL & OPEN SWIM |
| 3:00 - 3:30pm | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | 3 LAP LANES 3 LANES OPEN | |
| 3:30-4:30pm | 2 LANES OPEN CLASS | 3 LANES OPEN AFTERSCHOOL | 2 LANES OPEN CLASS | 3 LANES OPEN | 3 LANES OPEN AFTERSCHOOL | |
| 4:30-5:30pm | 3 LANES OPEN 3 LANES OPEN | 3 LANES OPEN 3 LANES OPEN | 3 LANES OPEN 3 LANES OPEN | 3 LANES OPEN 3 LANES OPEN | 3 LANES OPEN 3 LANES OPEN | CLOSED |
| 5:30 - 6:30pm | 3 LAP LANES | 3 LAP LANES CLASS | 3 LAP LANES | 3 LAP LANES CLASS | 3 LAP LANES | |
| 6:30 - 7:30pm | 2 LAP LANES CLASS | 2 LAP LANES CLASS/WATER FIT | 2 LAP LANES CLASS | 2 LAP LANES CLASS/WATER FIT | CLOSED AT 6:30pm | |

TRAINING POOL

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|---------------|---------------------|---------------|----------|---------------------|------------------------------------|
| 5:30 - 8:00am | OPEN | OPEN | OPEN | OPEN | OPEN | CLOSED |
| 8:00 - 9:00am | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 9:00 - 10:00am | OPEN | OPEN | OPEN | OPEN | REHAB | 8:00 - 10:00am |
| 10:00 - 11:00am | REHAB | REHAB | REHAB | REHAB | CLASS | CLASS |
| 11:00 - 12:00pm | OPEN | CLASS | OPEN | CLASS | OPEN | 10:00a - 12:00p |
| 12:00 - 1:00pm | OPEN | OPEN | OPEN | OPEN | **OPEN | |
| 1:00 - 2:00pm | OPEN | CLASS | CLASS | OPEN | OPEN | 12:00pm UNTIL 4:30pm OPEN |
| 2:00 - 3:30pm | OPEN CLASS | OPEN | OPEN CLASS | OPEN | OPEN CLASS | |
| 3:30 - 4:30pm | OPEN | OPEN AFTERSCHOOL | OPEN | OPEN | OPEN AFTERSCHOOL | |
| 4:30 - 5:30pm | OPEN | OPEN | OPEN | OPEN | OPEN | CLOSED |
| 5:30 - 6:30pm | OPEN | CLASS | OPEN | CLASS | OPEN | |
| 6:30 - 7:30pm | OPEN | OPEN | OPEN | OPEN | CLOSED | |

| SUNDAY |
|---|
| CLOSED |
| 1:00pm UNTIL 2 LANES LAPS & OPEN SWIM |
| CLOSED |

| SUNDAY |
|-----------------------------------|
| CLOSED |
| 1:00pm UNTIL 4:30pm OPEN |
| CLOSED |