

Open Swim

Open Swim

Open Swim

REGIONAL HEALTH & FITNESS CENTER

February

POOL SCHEDULE

swim for your heart					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-8:15AM	6:00AM-7:00AM	6:00AM-8:15AM	6:00AM-10:45AM	6:00AM-8:15AM	7:30AM-4:00PM
OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
THE RESIDENCE OF THE PARTY OF T		T classes. ONE LA	The second secon		SWIMMING.
8:30-9:15AM	7:00-8:00AM	8:30-9:15AM	8:30AM-12:00PM	8:30-9:15AM	
AQUA FIT	SILVER FINS	AQUA FIT	SWIM LESSONS	AQUA FIT	
-Rotation	(Lanes #1&2)	-Rotation	Occupy 1-2 lanes	-Laura	
9:30-10:15AM	8:30AM-12:00PM	9:30-10:15AM	8:30AM-12:00PM	9:30-10:15AM	
1.1 1 21 11	SWIM		SWIM	.1	
Water Blast!	LESSONS	Water Blast!	LESSONS	Water Blast!	
-Rotation	Occupy 1-2 lanes	-Rotation	Occupy 1-2 lanes	-Laura	
10:30-11:15AM	Ne	× 10:30-11:15AM		10:30-11:15AM	
DEEP WATER		DEEP WATER		DEEP WATER	
-Rotation		-Debbie		-Rotation	
	11:00-11:45AM		11:00-11:45AM	11:15AM-7:00PM	
	Fluid Motion	OPEN SWIM	Fluid Motion		
	-Lynn		-Rotation	OPEN SWIM	
11:15AM-3:15PM	1:30PM-3:30PM	1:30PM-3:30PM	1:30PM-3:30PM	Birthday Party	Birthday Party
OPEN SWIM	Therapy Patients	Therapy Patients	Therapy Patients	Reservations	Reservations
	(Occupies 1 lane)	(Occupies 1 lane)	(Occupies 1 lane)	7:00PM-8:00PM	4:00PM-5:00PM
	iano,		idiloj		
3:15PM-6:00PM	3:30pm-5:30pm	3:15PM-6:00PM	3:30pm-5:30pm		
Swim Team SWIM	Swim Team Practice	SWIM	Swim Team Practice		
Practice Lessons	Occupy Lanes 1-3	LESSONS	Occupy Lanes 1-3	Nation	al Wear
Occupy Lanes 1-3		Occupy Lanes 1-2			Court State Statement
6:00PM-8:00PM	5:45-6:30PM		5:45-6:30PM	Red Da	
Open Swim	SPLASH		SPLASH	February 7, Frida	
	-Lisa		- Elisabeth	* Awareness: Join the movement	or to reduce heart declare
	6:30PM-8:00PM	6:30PM-8:00PM	C-20DM C-CODE	TTATATA	
	Open Swim	Open Swim	6:30PM-8:00PM Open Swim	HAYW	OOD