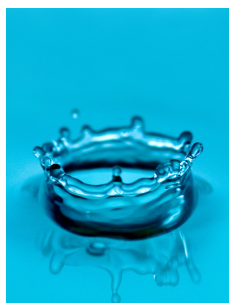


Central Aquatic Center

2009 Lane Schedule

October 19 - December 20, 2009

		<u>Lane Schedule</u>				
		Monday	Tuesday	Wednesday	Thursday	Friday
6:00—4:15pm 4:15-7:00pm 7:00-8:30pm 8:30-9:00pm		1-10	1-10	1-10	1-10	1-10
		1-2	1-2	1-2	1-2	1-2 (4:15-6:00pm)
		1-4	1-4	1-4	1-4	1-10 (6:00-8pm)
		1-10	1-10	1-7	1-10	1-6 (8-9pm)
9:00am-10:00am 10:00am-5:00pm	Saturday	6-10				
		3-10				
2:00-5:00pm	Sunday	1-10				



Family Swim

Mon/Wed/Fri 12 pm-3 pm
Fri 7 pm-9 pm
Sat/Sun 2 pm-5 pm



Aqua-Aerobics	
Admission	
Adults \$3.00 / Seniors \$2.00	
Mon/Wed/Fri	9:00 am to 10:00 am
Mon/Wed/Fri (low impact)	10:00 am to 11:00 am
Mon/Wed	5:30 pm to 6:30 pm

		Closing Dates:
Oct	25 (Sun)	Closed—Swim Meet
Nov	14 (Sat)	Closed - Lesson Reg & Swim Meet
	20 (Fri)	Closed at 6pm HS Swim Meet
	26 (Thu)	Closed—Thanksgiving
	27 (Fri)	Open 9am-6pm
Dec	4 (Fri)	Closed at 3pm—Swim Meet
	5 & 6 (Sat/ Sun)	Closed—Swim Meet
	11 (Fri)	Closed at 6pm HS Swim Meet
	12 (Sat)	Closed at 2pm HS Swim Meet
	19 (Sat)	Closed—HS Swim Meet
	24 (Thu)	Open 8a-6p
	25 (Fri)	Closed—Christmas Day



Weight Room

Mon-Fri 6:00am-9:00pm
Sat 9:00am-5:00pm