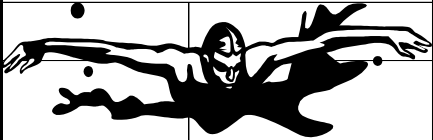


Northeast Community Center Swim Pool Schedule June 21 - July 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am - 6:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	7:00am - 8:00am	Lap Swim
6:15am - 7:00am		Deep Water Workout		Deep Water Workout		8:00am - 8:30am	Synchro Swim
7:00am - 8:30am		Lap Swim		Lap Swim		8:30am - 9:30am	Deep Water Workout Adult Swim Lessons
8:30am - 9:15am	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	9:30am -12:15pm	Swim Lessons
9:15am -9:45am	Fasttrack Swim Lessons	Fasttrack Swim Lessons	Fasttrack Swim Lessons	Fasttrack Swim Lessons	Open Swim	12:15pm -1:30pm	Lap Swim
9:45am-10:30am	Arthritis Exercise	9:45am - 10:15am Swim Lessons	Arthritis Exercise	9:45am - 10:15am Swim Lessons	Arthritis Exercise	1:30pm - 4:00pm	Open Swim
10:30am - 11:00am	Open Swim	10:15am -11:00am Open Swim / Swim Lessons	Open Swim	10:15am -11:00am Open Swim / Swim Lessons	Open Swim	4:00pm - 4:50pm	Lap Swim
11:00am-11:50pm	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout	** June 26, 2010 Pool Closed at 2pm for Swim Meet. Come and support the NECC TEAM.	
11:50am-1:45pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:45pm-2:30pm	Senior Exercise	Arthritis Exercise	Senior Exercise	Arthritis Exercise	Senior Exercise		
2:30pm -4:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Sunday	
4:00pm - 4:30pm	Fasttrack Swim Lessons	Swim Lessons / 4:00pm - 4:30pm Fasttrack Swim Lessons	Fasttrack Swim Lessons	Swim Lessons / 4:00pm - 4:30pm Fasttrack Swim Lessons		11:00am - 1:00pm	Lap Swim
4:30pm - 5:30pm	Swim Club		Swim Club			2:00pm - 3:50pm	Open Swim
5:30pm - 6:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30pm - 7:30pm	6:30pm - 7:15pm Swim Lessons	Swim Club	6:30pm - 7:15pm Swim Lessons	Swim Club	6:30pm - 7:00pm Pool Closed	**Non-swimmers and children under 7 years of age must be within arm's reach of a parent or responsible adult at all times.	
7:30pm - 8:00pm	7:15pm - 8:00pm Open Swim	Open Swim	7:15pm - 8:00pm Open Swim	Open Swim	7:00pm - 8:00pm Open Swim	Help Us Maintain Top-Quality Pool Water: Children not toilet trained must wear swim diapers. Please shower before swimming and refrain from wearing body lotions, fragrances, hair spray/gels, and makeup into our pool.	
8:00pm - 8:50pm	Water Workout	Deep Water Workout	Water Workout	Deep Water Workout	Water Workout		
8:50pm - 9:20pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
		*Schedule subject to change		*Private lessons may occur during other activities			