



# EASTER SEALS AQUATIC CENTER SCHEDULE

Summer 2009

<b>Start Time</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
7:00 a.m.	Lap Swim		Lap Swim		Lap Swim	
	7:15am - 8:15am		7:15am - 8:15am		7:15am - 8:15am	
8:00 a.m.	Splash-n-Fit	Open	Splash-n-Fit	Open	Splash-n-Fit	Water Aerobics
	8:15am - 9:00am	Fit & Rehab Time	8:15am - 9:00am	Fit & Rehab Time	8:15am - 9:00am	8:00am - 9:00am
9:00 a.m.	Healthy Back	8:00am - 3:00pm	Healthy Back	8:00am - 3:00pm	Healthy Back	Children's Fitness Program
	9:15am - 10:00am		9:15am - 10:00am		9:15am - 10:00am	9:00am - 10:00am
10:00 a.m.	Stretch-Arthritis		Stretch-Arthritis		Stretch-Arthritis	Swim Lessons
	10:15am - 11:00am		10:15am - 11:00am		10:15am - 11:00am	
11:00 a.m.		Easter Seals Preschool Swim Lessons		Easter Seals Preschool Swim Lessons		9:00am - 1:00pm
12:00 p.m.	Water Aerobics		Water Aerobics		Water Aerobics	
	12:00pm - 1:00pm	Penfield Rec Swim	12:00pm - 1:00pm	Penfield Rec Swim	12:00pm - 1:00pm	
1:00 p.m.	Stroke Recovery	12:30pm - 1:30pm	Stroke Recovery	12:30pm - 1:30pm	Lap Swim	<b>POOL CLOSED</b>
	1:00pm - 1:45pm		1:00pm - 1:45pm		1:00pm - 2:30pm	
2:00 p.m.	Lap Swim		Lap Swim			
	2:00pm - 3:00pm	Swim Lessons	2:00pm - 3:00pm	Swim Lessons	Swim Lessons	
3:00 p.m.	Swim Lessons		Swim Lessons		2:30pm - 6:00pm	
		2:30pm - 6:00pm	3:00pm - 6:00pm	2:30pm - 6:00pm		
4:00 p.m.	3:00pm - 6:00pm		Children's Fitness Program			
			4:00pm - 5:00pm			
6:00 p.m.	Water Aerobics	<b>POOL CLOSED</b>	Water Aerobics	<b>POOL CLOSED</b>	Recreation Swimming	
	6:00pm - 6:45pm		6:00pm - 6:45pm		Beginning June 26, 2009 6:00pm - 8:00pm	
7:00 p.m.	<b>POOL CLOSED</b>		<b>POOL CLOSED</b>		Select dates, For more info check with the front desk	