

RIVER GLEN POOL SCHEDULE January - May 2018

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap	Warm H2O	Lap	Warm H2O	Lap	Warm H2O	Lap	Warm H2O	Lap	Warm H2O	Lap	Warm H2O	Lap	Warm H2O
5:30am														
6:30am														
7:00am														
8:00am														
9:00am														
9:15am														
9:30am	H2O Blast 9:15-10:15		H2O Blast 9:15-10:15		H2O Blast 9:15-10:15		H2O Blast 9:15-10:15		H2O Blast 9:15-10:15		H2O Blast 9:15-10:15		H2O Blast 9:15-10:15	
10:00am														
10:15am														
10:30am														
11:00am														
11:15am														
11:30am		Arthritis Class 11: 30-12:30		Arthritis Class 11: 30-12:30				Arthritis Class 11: 30-12:30						
11:45am														
12:00pm							Adult Swim 11:30-1:30			Adult Swim 11:30-1:30				
12:30pm		Adult Swim 12:30-1:30		Adult Swim 12:30-1:30										
12:45pm														
1:00pm														
1:30pm														
2:00pm														
3:00pm														
4:00pm														
4:30pm							Swim Club 4:15-5:30							
5:00pm														
5:30pm														
5:45pm														
6:00pm														
6:30pm							Swim Fit 6: 30-7:30							
7:00pm														
7:30pm														
8:00pm														
9:00pm														
10:00pm														

*Our staff reserves the right to ask swimmers to move as needed based on lessons or special events. Private lessons or special events may be scheduled at any time.

*1 lap lane available during all programs *Warm Pool is NOT guarded