

ELITE SPORTS CLUB RIVER GLEN POOL SCHEDULE January - May 2018

Time	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		H2O Blast		H2O Blast		H2O Blast		H2O Blast		H2O Blast		H2O Blast	
9:30am	9:15-10:15		9:15-10:15		9:15-10:15		9:15-10:15		9:15-10:15		9:15-10:15		9:15-10:15	
10:00am														
10:15am														
10:30am														
11:00am														
11:15am														
11:30am														
11:45am		Arthritis		Arthritis				Arthritis						
11:45am		Class 11:		Class 11:				Class 11:						
11:45am		30-12:30		30-12:30				30-12:30						
12:00pm														
12:30pm						Adult								
12:30pm						Swim 11:								
12:30pm						30-1:30								
12:45pm		Adult Swim		Adult Swim										
12:45pm		12:30-1:30		12:30-1:30										
1:00pm														
1:30pm														
2:00pm														
3:00pm														
4:00pm														
4:30pm						Swim								
4:30pm						Club 4:								
5:00pm						15-5:30								
5:30pm														
5:30pm						Group								
5:30pm						Swim								
5:45pm						Lessons								
5:45pm						4:30-6:30								
6:00pm														
6:30pm						Swim Fit								
6:30pm						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.