


Central Aquatic Center

Thanksgiving: Nov 23-28, 2009

		<u>Lane Schedule</u>				
		Monday	Tuesday	Wednesday	Thursday	Friday
6:00—7:30am		1-10	1-10	1-10	Closed	Closed
7:30a-11:00am		1-4	1-4	1-4	Closed	1-4 (9am-11am)
11:00-1:00pm		1-10	1-10	1-10	Closed	1-10
1:00-2:30pm		1-7	1-7	1-10	Closed	1-10
2:30-4:00pm		1-10	1-10	1-10	Closed	1-10
4:00-6:00pm		1-4	1-4	1-10	Closed	1-10
6:00-9:00pm		1-10	1-10	1-10	Closed	Closed
9:00am-10:00am	Saturday	6-10				
10:00am-5:00pm	Saturday	3-10				
2:00-5:00pm	Sunday	1-10				

Thanksgiving



<u>Family Swim</u>	
Mon-Wed & Fri	12 pm-4 pm
Sat/Sun	2 pm-5 pm
Closed on Thursday (Nov 26)	

<u>Aqua-Aerobics</u>	
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 (Senior Center)	11:00 am to 12:00 pm
Mon/Wed	5:30 pm to 6:30 pm



<u>Weight Room</u>	
Mon-Wed	6am-9pm
Fri	9am-6pm
Sat	9am-5pm
Sun	2pm-5pm