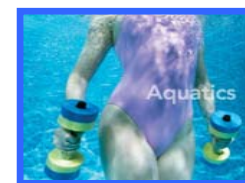




Spiece Fitness
Aquatic Schedule
Effective June 2010



MAIN POOL							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIQUID HEAT	11:30AM-12:30PM		11:30AM-12:30PM		11:30AM-12:30PM		
HYDRO BURN	5:30PM-7PM		5:30PM-7PM		5:30PM-6:30PM	8AM-9:00AM	
AQUA FIT		9AM-10AM	9AM-10AM	9AM-10AM	9AM-10AM		
POWER PLUNGE		6PM-7PM		6PM-7PM			
POWER AQUA					5:30AM-6:30AM		
SWIM LESSONS	9AM-10:30AM		4:00PM-5:30PM	7:30PM-8:00PM		9AM-11:00AM	
FAMILY SWIM children 13 & under permitted	10AM-11:30AM 1PM-4:30PM 7PM-9:30PM	1PM-4:30PM 7PM-9:30PM	10AM-11:30AM 1PM-4:00PM 7PM-9:30PM	1PM-4:30PM 8PM-9:30PM	10AM-11:30AM 1PM-4:30PM 7PM-8:30PM	11PM-6:30PM	9AM-5:00PM
MS AQUA CLASS		10:45AM-11:45AM		10:45AM-11:45AM			
TURNSTONE LAP CLUB		5:00PM-6:00PM		5:00PM-6:00PM			
MED-FIT (formerly 60/60) Phys/PT Referral Rquired			10:30AM-11:15AM		10:30AM-11:15AM		

WARM WATER							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARM WATER CLASSES	12:30PM-1:30PM	8AM-9AM	10:10AM-11:10AM	8AM-9AM	10:10AM-11:10AM		
	6PM-7PM	12PM-1PM	12:30PM-1:30PM	12PM-1PM	12:30PM-1:30PM		
			6PM-7PM				

- * At least two (2) lanes are available for lap swimming at all times for members and guests 14 and older, unless otherwise posted for special events.
- * Scheduled aquatic classes of 7 or more (4 for Power) will have priority use of the pool and be given 3 lanes.
- * During Family Swim times, children under 14 must be accompanied by a parent or guardian over 18 and must use family locker room.
- * Members and guests must be 14 years of age or older to use the Warm Water Pool.

Main Pool Breaks Closed for 10 minutes	7AM; 10AM; 2PM; 5PM; 8PM	7AM; 10AM; 2PM; 5PM; 8PM	7AM; 10AM; 2PM; 5PM; 8PM	7AM; 10AM; 2PM; 5PM; 8PM	7AM; 10AM; 2PM; 5PM; 8PM	10AM, 2PM, 5PM	11AM, 2PM, 5PM
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CLUB HOURS	5AM-10PM	5AM-10PM	5AM-10PM	5AM-10PM	5AM-9PM	7AM-7PM	8AM-6PM
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