

**Common Ground Community Center Aquatics Schedule
February 2012**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Masters/Lap	Lap	Masters/Lap	Lap	Masters/Lap			5:00 AM
6:00 AM	Lap/HS Team	Lap/HS Team	Lap/HS Team	Lap/HS Team	Lap/HS Team			6:00 AM
7:00 AM	Lap/HS Team	Lap/HS Team	Lap/HS Team	Lap/HS Team	Lap/HS Team	Lap		7:00 AM
8:00 AM	Lap	Lap	Lap	Lap	Lap	Lap/LTS		8:00 AM
8:30 AM	Lap	Lap	Lap	Lap	Lap	Lap/LTS		8:30 AM
9:00 AM	Lap/Aquafit	Lap/Aquafit	Lap/Aquafit	Lap/Aquafit	Lap/Aquafit	Lap/LTS		9:00 AM
10:00 AM	Lap/Mom&Tot	Lap	Lap/Mom&Tot	Lap	Lap/Mom&Tot	Lap/LTS	Lap	10:00 AM
11:00 AM	Lap/Mom&Tot	Lap	Lap/Mom&Tot	Lap	Lap/Mom&Tot	Lap/LTS	Lap	11:00 AM
12:00 PM	Lap	Lap	Lap	Lap	Lap	Lap/Open	Lap	12:00 PM
1:00 PM	Lap	Lap	Lap	Lap	Lap	Lap/Open	Lap/Open	1:00 PM
2:00 PM	Lap	Lap	Lap	Lap	Lap	Lap/Open	Lap/Open	2:00 PM
3:00 PM	Lap	Lap	Lap	Lap	Lap	Lap/Open	Lap/Open	3:00 PM
4:00 PM	Closed	Closed	Closed	Closed	Closed	Lap/Open	Lap/Open/LTS	4:00 PM
5:00 PM	Closed	Closed	Closed	Closed	Closed	Lap/Open	Lap/Open/LTS	5:00 PM
6:00 PM	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap/Open	Lap/Open/LTS	6:00 PM
7:00 PM	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap/Open		7:00 PM
7:30 PM	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap/Open		7:30 PM
8:00 PM	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane	Lap-1 lane			8:00 PM
8:30PM	Pool Closes	Pool Closes	Pool Closes	Pool Closes	Pool Closes			8:30PM

Special Notes

The pool will be closed all day on Saturday, February 4th for a High School Invitational swim meet
Special Open swim hours will be 12:00-4:00pm on February 16th and 17th.
Regular Open Swim Hours will be Saturdays from 12:00pm to 7:30pm and Sundays from 1:00-6:30pm
The pool will be closed from 2:00-9:00pm on February 3rd and 10th for a HS Swim Meet
The pool will be closed from 4:00-6:00pm for swim team practice
The HS swim team will be using 5 lanes for practice on T/Th from 5:45-7:15am and Wed from 6:00-7:15am
From 6:00-8:30pm the HS Dive Team will use 2 lanes for practice, ACE will use 5 lanes and 1 lane for lap swimming
Master Swimmers must belong to USA Masters Swimming in order to participate in our Masters swimming program
Private Lessons are always available-See the Welcome Desk for more details.

<u>Open Swim</u>	<u>Lap Swimming</u>	<u>Aqua Fit</u>	<u>LTS</u>	<u>Mom & Tot</u>	<u>Masters</u>
Open Swim is a time for swimmers to engage in a variety of activities with fitness or recreation in mind, including the diving board. All children 8 & under must be accompanied by an adult at all times. One lane will be available for laps.	Lap Swim is a designated time for individuals high school age and above to engage in swimming laps, therapeutic swimming, or aquatic fitness activities without interruption due to open play.	Aqua Fit is a water aerobics class that offers a low-impact, great workout. All water weights and belts are provided.	LTS stands for Learn to Swim. During this time, American Red Cross swimming lessons are taught to children	Mom & Tot is a specially reserved time for mothers and toddlers to play in the pool. During this time, water play toys will be provided.	Masters is a group of swimmers of all levels, that enjoy a fun-filled, energizing, coach-led workout.