


Summer Schedule 2010

Effective: June 18 through August 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00AM	Lap Swim, Water Walk, & Individual Exercise							
7:00AM	NWAC 3 Lanes 7:00— 8:30	Lap Swim 3 Lanes 7:00-8:00	NWAC 3 Lanes 7:00— 8:30	Lap Swim 3 Lanes 7:00-8:00	Lap Swim 7:00—9:15		NWAC 3 Lanes 7:00— 8:30	Lap Swim 3 Lanes 7:00— 8:00
8:00AM								
9:00AM								
9:30AM	Deep Water Aerobics: Monday—Friday 8:00 — 9:00 — 3 Lanes				Lap Swim, Water Walk, & Small Pool 8:30am— 12:00pm			
10:30AM	Shallow Water Aerobics: Monday—Friday 9:30—10:30 - 3 lanes							
11:00AM	Swim School: Monday—Thursday 9:15—11:30 Sauna & hot tub are open during this time (NO Lap swimming or small pool available during swimming lessons)							
11:30AM	Lap Swim 2 Lanes—11:30-1:15	Lap Swim & Small Pool 11:30—1:15	Low Impact Aerobics 11:00—12:00	Lap Swim 2 Lanes—11:30-1:15	Lap Swim & Small Pool 11:30—1:15		Low Impact Aerobics 11:00—12:00	Lap Swim 2 Lanes—11:30-1:15
12:00PM	Masters Team 4 Lanes—12:00-1:15		Masters Team 4 Lanes—12:00-1:15		Masters Team 4 Lanes—12:00-1:15			
1:15PM	Open Recreation Swim 1:15—2:55 Monday—Friday (Children under 7 must be accompanied by a parent or guardian)						Lap Swim & Kids Pool 12:00—2:00	Lap Swim & Kids Pool 12:00—2:00
2:30PM						Youth Discount 2:00—3:45	Youth Discount 2:00—3:45	
3:00PM	North Whidbey Aquatic Club 3:00—5:10 Monday—Friday * Pool is closed to the public during NWAC					Rental Time 4:00—5:30	Rental Time 4:00—5:30	
5:20PM	Lap Swim 5:20-6:30 3 lanes	Swim School 5:15- 7:30	Water Aerobics 6:30- 7:30	Swim School 5:15- 7:30	Lap Swim 5:20-6:30 3 lanes	Swim School 5:15- 7:30	Water Aerobics 6:30- 7:30	
6:30PM								
7:30PM	Family Swim 7:30—9:15	Open Swim 7:30—9:15	Family & Youth Discount Swim 7:30—9:15	Open Swim 7:30—9:15	Open Swim 6:30—8:30	Family Swim 5:30—7:15	Family Swim 5:30—7:15	
9:15PM					1/2 price Moonlight Swim 8:30—10:00	Recreation Swim 7:30—9:00	Rental Time 7:30—9:00	
9:15PM		Whidbey Dive Center SCUBA Lessons		Whidbey Dive Center SCUBA Lessons		Rental Time 9:00—10:30		

Kids pool is not open during Lesson time Monday—Thursdays 9:15—11:30am & 5:15PM—7:30 PM