

POOL SCHEDULE – MADISON WELLNESS CENTER – FEBRUARY 2010

Website: www.hsvwellness.org E-mail: wellnesctr@hhsys.org (256) 265-MAWC (6292)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>1:00 – 4:45 p.m.</u> 2 Lane Swimming/1 lane private swim lessons/ Independent Exercise</p> <p>GENERAL RULES:</p> <ul style="list-style-type: none"> - No lap swimming during aquacise class or independent exercise. - Lap swimming in lap lanes only – no independent exercise during lane swimming. 	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 8:30 a.m.</u> Independent Exercise/ Water Walking</p> <p><u>8:30 – 9:30 a.m.</u> <i>Aquacise</i> – Jill</p> <p><u>9:30 – 10:30am</u> <i>Aqualates</i> - Deb</p> <p><u>10:45-11:30am</u> Swim Lessons/ 2 Lane Swimming</p> <p><u>11:30 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise/ 1 Lane Swimming</p> <p><u>3:00 – 4:45 p.m.</u> 2 Lane Swimming/ Independent Exercise</p> <p><u>5:00 – 6:00 p.m.</u> <i>Aquacise</i> - Sun</p> <p><u>6:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 –8:30 a.m.</u> Independent Exercise/ 1 Lane Swimming</p> <p><u>8:30 – 9:00 a.m.</u> Independent Exercise</p> <p><u>9:00 – 10:00 a.m.</u> <i>Aquacise</i> – Sherry</p> <p><u>10:15 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise/ 1 Lane Swimming</p> <p><u>3:00 – 4:00 p.m.</u> 2 Lane Swimming/ Independent Exercise</p> <p><u>4:00 – 5:45 p.m.</u> Swim Lessons/ 2 Lane Swimming</p> <p><u>6:00 – 7:00 p.m.</u> <i>Aquacise</i> – Linda R</p> <p><u>7:00 – 8 :00 p.m.</u> Kids Stay Fit</p> <p><u>8:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 8:30 a.m.</u> Independent Exercise/ Water Walking</p> <p><u>8:30 – 9:30 a.m.</u> <i>Aquacise</i> – Linda S</p> <p><u>9:30 – 10:30am</u> <i>Aquacise</i> – Linda S</p> <p><u>10:45-11:30am</u> Swim Lessons/ 2 Lane Swimming</p> <p><u>11:30 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 2:00 p.m.</u> Independent Exercise/ 1 Lane Swimming</p> <p><u>2:00 – 4:00 p.m.</u> Pool Closed for Maintenance</p> <p><u>4:00 – 4:50 p.m.</u> 2 Lane Swimming/ Independent Exercise</p> <p><u>5:00 – 6:00 p.m.</u> <i>Aquacise</i> - Donna</p> <p><u>6:00 – 9:15 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 8:30 a.m.</u> Independent Exercise/ 1 Lane Swimming</p> <p><u>8:30 – 9:00 a.m.</u> Independent Exercise</p> <p><u>9:00– 10:00 a.m.</u> <i>Aquacise</i> - Sun</p> <p><u>9:30 – 10:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>10:00 – 5:30 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>9:00– 10:00 a.m.</u> <i>Aquacise</i> - Sun</p> <p><u>10:00 – 5:30 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>9:00– 10:00 a.m.</u> <i>Aquacise</i> - Sun</p> <p><u>10:00 – 5:30 p.m.</u> 3 Lane Swimming/ Independent Exercise</p>	<p><u>5:00 – 8:00 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>8:00 – 8:30 a.m.</u> Independent Exercise/ Water Walking</p> <p><u>8:30 – 9:30 a.m.</u> <i>Aquacise</i> - Jill</p> <p><u>9:30 – 11:00 a.m.</u> 2 Lane Swimming/ Independent Exercise</p> <p><u>11:00 – 1:00 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>1:00 – 3:00 p.m.</u> Independent Exercise/ 1 Lane Swimming</p> <p><u>3:00 – 5:45 p.m.</u> 1 Lane Swimming/ 1 lane private swim lessons Independent Exercise</p> <p><u>5:45 – 7:45 p.m.</u> 2 Lane Swimming/1 lane private swim lessons Independent Exercise</p>	<p><u>7:00 – 8:50 a.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p><u>9:00– 10:00 a.m.</u> <i>Aquacise</i> - Sun</p> <p><u>10:00 – 5:30 p.m.</u> 3 Lane Swimming/ Independent Exercise</p> <p style="text-align: center;">Pool Closed for Maintenance: Wednesday 2:00 – 4:00 p.m.</p>