

POOL SCHEDULE – MADISON WELLNESS CENTER – MAY 2008

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>1:00 – 4:45 p.m. 3 Lane Swimming/ Independent Exercise</p>	<p>5:00 – 8:00 a.m. 3 Lane Swimming/ Independent Exercise</p> <p>8:00 – 8:30 a.m. Independent Exercise/ Water Walking</p> <p>8:30 – 9:30 a.m. Aquacise – Jill</p> <p>9:30 – 10:30am Aqualates - Deb</p> <p>10:45-11:30am Swim Lessons/ 2 Lane Swimming</p> <p>11:30 – 1:00 p.m. 3 Lane Swimming/ Independent Exercise</p> <p>1:00 – 3:00 p.m. Independent Exercise/ 1 Lane Swimming</p> <p>3:00 – 4:45 p.m. 2 Lane Swimming/ Independent Exercise</p> <p>5:00 – 6:00 p.m. Aquacise – Deb</p> <p>6:00 – 9:15 p.m. 3 Lane Swimming/ Independent Exercise</p>	<p>5:00 – 8:00 a.m. 3 Lane Swimming/ Independent Exercise</p> <p>8:00 – 9:00 a.m. Independent Exercise</p> <p>9:00 – 10:00 a.m. Aquacise – Angie E.</p> <p>10:15 – 1:00 p.m. 3 Lane Swimming/ Independent Exercise</p> <p>1:00 – 3:00 p.m. Independent Exercise/ 1 Lane Swimming</p> <p>3:00 – 4:00 p.m. 2 Lane Swimming/ Independent Exercise</p> <p>4:00 – 5:45 p.m. Swim Lessons/ 2 Lane Swimming</p> <p>6:00 – 7:00 p.m. Aquacise – Linda R</p> <p>7:00 – 8 :00 p.m. Kids Stay Fit</p> <p>8:00 – 9:15 p.m. 3 Lane Swimming/ Independent Exercise</p>	<p>5:00 – 8:00 a.m. 3 Lane Swimming/ Independent Exercise</p> <p>8:00 – 8:30 a.m. Independent Exercise Water Walking</p> <p>8:30 – 9:30 a.m. Aquacise – Rachel</p> <p>9:30 – 10:30am Aquacise – Linda S</p> <p>10:45-11:30am Swim Lessons/ 2 Lane Swimming</p> <p>11:30 – 1:00 p.m. 3 Lane Swimming/ Independent Exercise</p> <p>1:00 – 2:00 p.m. Independent Exercise/ 1 Lane Swimming</p> <p>2:00 – 4:00 p.m. Pool Closed for Maintenance</p> <p>4:00 – 4:50 p.m. 2 Lane Swimming/ Independent Exercise</p> <p>5:00 – 6:00 p.m. Aquacise - Linda R</p> <p>6:00 – 9:15 p.m. 3 Lane Swimming/ Independent Exercise</p>	<p>5:00 – 8:00 a.m. 3 Lane Swimming/ Independent Exercise</p> <p>8:00 – 9:00 a.m. Independent Exercise</p> <p>9:00 – 10:00 a.m. Aquacise – Angie G</p> <p>10:15 – 1:00 p.m. 3 Lane Swimming/ Independent Exercise</p> <p>1:00 – 3:00 p.m. Independent Exercise/ 1 Lane Swimming</p> <p>3:00 – 4:00 p.m. 2 Lane Swimming/ Independent Exercise</p> <p>4:00 – 5:45 p.m. Swim Lessons/ 2 Lane Swimming</p> <p>6:00 – 7:00 p.m. Aquacise – Jill</p> <p>7:00 – 9:15 p.m. 3 Lane Swimming/ Independent Exercise</p>	<p>5:00 – 8:00 a.m. 3 Lane Swimming/ Independent Exercise</p> <p>8:00 – 8:30 a.m. Independent Exercise Water Walking</p> <p>8:30 – 9:30 a.m. Aquacise - Laura</p> <p>9:30 – 11:00 a.m. 2 Lane Swimming/ Independent Exercise</p> <p>11:00 – 1:00 p.m. 3 Lane Swimming/ Independent Exercise</p> <p>1:00 – 3:00 p.m. Independent Exercise/ 1 Lane Swimming</p> <p>3:00 – 5:45 p.m. 2 Lane Swimming/ Independent Exercise</p> <p>5:45 – 7:45 p.m. 3 Lane Swimming/ Independent Exercise</p>	<p>7:00 – 8:50 a.m. 3 Lane Swimming/ Independent Exercise</p> <p>9:00– 10:00 a.m. Aquacise – Michelle</p> <p>10:00 – 5:30 p.m. 3 Lane Swimming/ Independent Exercise</p> <p style="text-align: center;">Pool Closed for Maintenance: Wednesday 2:00 – 4:00 p.m.</p>

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