



2010 Multi-Purpose Pool Schedule

March 1 - 31

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM	Group Lessons, Private Lessons, Personal Training	Lap Swim	Swim Team Lap Swim	Lap Swim	Swim Team Lap Swim	Lap Swim	Swim Team	
5:30 AM			Triathlon Swim Class		Triathlon Swim Class			
6:00 AM		Triathlon Swim Class Swim Team	Swim Team Lap Swim	Triathlon Swim Class Swim Team	Swim Team Lap Swim	Swim Team Lap Swim		
6:30 AM			Swim Team Lap Swim		Swim Team Lap Swim			
7:00 AM		Open Swim Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Lap Swim
7:30 AM								
7:45 AM			Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00 AM								Lap Swim
8:15 AM			Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:30 AM								Lap Swim
9:00 AM	Lap Swim		Lap Swim	Lap Swim	Lap Swim			
9:15 AM						Lap Swim	Lap Swim	Lap Swim
9:30 AM	Lap Swim		Lap Swim	Lap Swim	Lap Swim			
9:45 AM						Lap Swim	Lap Swim	Lap Swim
10:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
10:15 AM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
10:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
10:45 AM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
11:30 AM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
12:15 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
1:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:15 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
1:30 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:45 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
2:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
3:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:25 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
3:30 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:55 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
4:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
5:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
5:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
6:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
7:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:15 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
7:30 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:45 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
8:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
9:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim				
10:00 PM					Lap Swim	Lap Swim	Lap Swim	Lap Swim

LAP POOL

The Lap Pool is available for Lap Swim from 5:00 a.m. to 10:30 p.m. Monday to Friday and 7:00 a.m. to 9:30 p.m. Saturday and Sunday.

Please note that personal trainers may use a lane during non-prime time hours.

Lap Pool swimming is for 17 years and older.

REC POOL

Hydro Fitness Class will use the pool from 8:15 to 9:10 a.m. on Monday and Wednesday. 1/3 of Rec Pool will be available for Open Swim.

Kids Kamp may use 1/3 of the pool Sunday to Saturday from 11:00 to 11:45 a.m.

TEACHING POOL

The Teaching Pool is the PRO Sports Club instruction pool. Swimmers must be with a swim instructor or personal trainer. If you are interested in our Swim Lesson Program contact the Aquatic Office at 425-861-6274 or aquaticinfo@proclub.com.

The Teaching Pool is available for Pool Rental on Saturday or Sunday between 4:00 p.m. to 8:00 p.m. If you are interested in renting the Teaching Pool, contact Eric Preston at 425-895-6521 or epreston@proclub.com.

MULTI-PURPOSE POOL

Pool is reserved for scheduled programs. Lap Swim is available in the Lap Pool.

Three lanes are available for Lap Swim and 3 lanes are available for Open Swim.

Swim Team will use all lanes for swim practice. Lap Swim is available in the Lap Pool.

Swim programs will use 2 to 4 lanes. 2 to 4 lanes will be available for Lap Swim.

1 to 2 lanes may be used for Private and Group Lessons during Lap Swim time.

The Multi-Purpose Pool is available for pool rentals on Saturdays and Sundays from 4 p.m. to 8 p.m. Contact Eric Preston for more information and rates, 425-895-6521 or epreston@proclub.com.

* Please note: The Multi-Purpose Pool Schedule may change due to speciality programming or holidays. Pool reservations and speciality programs will be posted with flyers and at www.proclub.com under Aquatics.