



2010 Multi-Purpose Pool Schedule

September 4 - 30

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM		Lap Swim	Swim Team Lap Swim	Lap Swim	Swim Team Lap Swim	Lap Swim		
5:30 AM		Lap Swim	Swim Team Lap Swim	Lap Swim	Swim Team Lap Swim	Lap Swim		
6:00 AM		Lap Swim	Swim Team Lap Swim	Lap Swim	Swim Team Lap Swim	Lap Swim		
6:15 AM		Swim Team Lap Swim	Triathlon Swim	Swim Team Lap Swim	Triathlon Swim	Swim Team Lap Swim		
6:30 AM		Swim Team Lap Swim	Triathlon Swim	Swim Team Lap Swim	Triathlon Swim	Swim Team Lap Swim		
7:00 AM	Group Lessons, Private Lessons, Personal Training	Triathlon Swim Lap Swim	Swim Team Lap Swim	Triathlon Swim Lap Swim	Swim Team Lap Swim	Lap Swim	Swim Team	
7:30 AM		Triathlon Swim Lap Swim	Swim Team Lap Swim	Triathlon Swim Lap Swim	Swim Team Lap Swim			
7:45 AM		Triathlon Swim Lap Swim	Swim Team Lap Swim	Triathlon Swim Lap Swim	Swim Team Lap Swim			
8:00 AM		Triathlon Swim Lap Swim	Swim Team Lap Swim	Triathlon Swim Lap Swim	Swim Team Lap Swim			
8:15 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:30 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:00 AM	Lap Swim Open Swim Group Lessons Private Lessons						H2o Cardio	
9:15 AM							H2o Cardio	
9:30 AM			Aqua Conditioning - H2o Cardio	Triathlon Swim Lap Swim	Aqua Conditioning - H2o Cardio	Triathlon Swim Lap Swim	Aqua Conditioning - H2o Cardio	
10:00 AM			Aqua Conditioning - H2o Cardio	Triathlon Swim Lap Swim	Aqua Conditioning - H2o Cardio	Triathlon Swim Lap Swim	Aqua Conditioning - H2o Cardio	
10:15 AM								Lap Swim Open Swim Group Lessons Private Lessons
10:30 AM								
10:45 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:15 PM								
12:30 PM								
1:00 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:15 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:30 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:00 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
2:30 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
3:15 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
3:25 PM		Lap Swim	Lap Swim	Lessons	Lap Swim	Lap Swim		
3:30 PM		Lap Swim	Lap Swim	Lessons	Lap Swim	Lap Swim		
3:45 PM		Lap Swim	Lap Swim	Lessons	Lap Swim	Lap Swim		
4:00 PM	Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Family Fun Night	
4:30 PM		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
5:00 PM		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
5:30 PM		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
6:00 PM		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
6:30 PM		Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team		
7:00 PM		Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team		
7:15 PM		Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team		
7:30 PM		Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team		
7:45 PM		Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team		
8:00 PM	Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team			
8:30 PM	Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team			
9:00 PM	Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team			
9:30 PM	Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team			
10:00 PM	Lap Swim Open Swim	Swim Team	Swim Team	Swim Team	Swim Team			

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.

MULTI-PURPOSE POOL			
	Pool is reserved for scheduled programs. Lap Swim is available in the Lap Pool.		Swim programs will use 2 to 5 lanes. 2 to 5 lanes may be available for Lap Swim.
	1 to 3 lanes may be used for Private and Group Lessons during this time.		1 to 2 lanes may be used for Private and Group Lessons during Lap Swim time.
	Swim Team will use all lanes for practice. Lap Swim is available in the Lap Pool.		Pool is reserved for Family Fun Night. Lap Pool is available for lap swim.
	Two Lanes are available for open swim and 4 lanes available for Lap Swim.		

LAP POOL

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

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

Lap Pool swimming is for 17 years and older.

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 aquaticsinfo@proclub.com.

The Teaching Pool is available for Pool Rentals.
Contact Eric Preston at (425) 895-6521 or epreston@proclub.com
for rates and schedules of Pool Rentals.

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.