



2012 Multi-Purpose Pool Schedule February 1-29

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | TIME | |
|----------|---------------------------------------|--------------------------------------|---------------------------------|--------------------------------------|---------------------------------|---------------------------------|---------------------------------------|---------------------|----------|
| 5:00 AM | | Lap Swim Swim & Strength Training | Lap Swim Swim Team | Lap Swim Swim & Strength Training | Lap Swim Swim Team | Lap Swim Swim Lessons | | 5:00 AM | |
| 5:30 AM | | | | | | | | 5:30 AM | |
| 6:00 AM | | | | | | Lap Swim/Triathlon Training | | 6:00 AM | |
| 6:15 AM | | Lap Swim Swim Team | Triathlon Training | Lap Swim Swim Team | Triathlon Training | Triathlon Training Swim team | | 6:15 AM | |
| 6:30 AM | | | | | | | | 6:30 AM | |
| 7:00 AM | Swim Lessons Personal Training | Lap Swim Triathlon Training | Lap Swim Swim Team | Lap Swim Triathlon Training | Lap Swim Swim Team | Lap Swim Swim Lessons | Swim Team | 7:00 AM | |
| 7:30 AM | | | | | | | | | 7:30 AM |
| 7:45 AM | | | | | | | | | |
| 8:00 AM | | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | | | 8:00 AM | |
| 8:30 AM | | | | | | | | 8:30 AM | |
| 9:00 AM | Lap Swim Open Swim Swim Lessons | | | | | | | 9:00 AM | |
| 9:15 AM | | | | | | | H ₂ O Cardio | 9:15 AM | |
| 9:30 AM | | | H ₂ O Cardio | Triathlon Swim | H ₂ O Cardio | Triathlon Swim | H ₂ O Cardio | | 9:30 AM |
| 10:00 AM | | | | | | | | | 10:00 AM |
| 10:15 AM | | | | | | | | | 10:15 AM |
| 10:30 AM | | | | | | | | | 10:30 AM |
| 10:45 AM | | | | | | | | | 10:45 AM |
| 11:00 AM | | | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | | 11:00 AM |
| 11:30 AM | | | | | | | | | 11:30 AM |
| 12:00 PM | | | | | | | | | 12:00 PM |
| 12:30 PM | | | | | | | Lap Swim Open Swim Swim Lessons | 12:30 PM | |
| 1:00 PM | | | | | | | | 1:00 PM | |
| 1:30 PM | | | | | | | | 1:30 PM | |
| 1:45 PM | | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | | 1:45 PM | |
| 2:00 PM | | | | | | | | 2:00 PM | |
| 2:15 PM | | All-Sports Camp* (2/20-2/24) | All-Sports Camp* (2/20-2/24) | All-Sports Camp* (2/20-2/24) | All-Sports Camp* (2/20-2/24) | All-Sports Camp* (2/20-2/24) | | 2:15 PM | |
| 2:30 PM | | | | | | | | 2:30 PM | |
| 3:00 PM | Super Fun Sundays Lap Swim | Lap Swim/Swim Lessons | Lap Swim/Swim Lessons | Swim Lessons | Lap Swim/Swim Lessons | Lap Swim/Swim Lessons | | 3:00 PM | |
| 3:30 PM | | | | | | | | 3:30 PM | |
| 4:00 PM | | | | | | | | | 4:00 PM |
| 4:30 PM | | | | Swim Team | | Swim Team | Swim Team | | 4:30 PM |
| 5:00 PM | | | Swim Team | | Swim Team | | | | 5:00 PM |
| 5:30 PM | | | | | | | | | 5:30 PM |
| 6:00 PM | | | | | | | | | 6:00 PM |
| 6:30 PM | | | | Masters Swim | | Masters Swim | | Family Fun Night | 6:30 PM |
| 7:00 PM | | | | | | | | | 7:00 PM |
| 7:30 PM | | | | | | | | | 7:30 PM |
| 7:45 PM | | | | | | | | 7:45 PM | |
| 8:00 PM | Lap Swim Open Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | Lap Swim Swim Lessons | | 8:00 PM | |
| 8:30 PM | | | | | | | | 8:30 PM | |
| 9:00 PM | | | | | | | | 9:00 PM | |
| 9:30 PM | | | | | | | | 9:30 PM | |
| 10:00 PM | | | | | | | | 10:00 PM | |

MULTI-PURPOSE POOL

| | | | |
|---|--|---|---|
| 4-6 Lanes for Lap Swim 1-2 Lanes Reserved for Programs | 2 Lanes for Open Swim 1-2 Lanes for Lap Swim 2-3 Lanes Reserved for Programs | All Lanes Reserved for Programs | 3 Lanes for Super Fun Sundays 3 Lanes for Lap Swim |
| 2-4 Lanes for Lap Swim 2-4 Lanes Reserved for Programs | 2/20-2/24* 3 Lanes for All-Sports Camp 1-2 Lanes for Lap Swim 1-2 Lanes for Swim Lessons | 2/1-2/19 & 2/25-2/29 4-5 Lanes for Lap Swim 1-2 Lanes for Swim Lessons | All Lanes Reserved for Family Fun Night |

***3 Lanes will be reserved from 2/20-2/24 from 1:45-3 pm for All-Sports Camp**

The Lap Pool is available for adult lap swimming during normal Aquatic Center hours on Mon-Fri, 5 a.m.-10:30 p.m. and Sat-Sun, 7 a.m.-9:30 p.m.

Please note that schedule subject to change due to specialty programming or holidays.

Schedule changes will be posted at www.proclub.com under Aquatics.

Updated 1/27/2012

See reverse for more information and schedules >>

Welcome to the **AQUATIC CENTER**

Our expansive Aquatic Center has everything you and your family could want, including four specialized pools: lap, family, teaching and a deep-water pool used for aquatic programs and lap swimming. There's also a physical therapy pool with an underwater treadmill, plus a spacious family spa.

For your comfort, each pool is temperature controlled (81-88° F, depending on the pool) and maintained with a state-of-the-art UV filtration system that keeps the water crystal clear.

Normal hours are Monday - Friday, 5:00 am - 10:30 pm and Saturday - Sunday, 7:00 am - 9:30 pm.

FAMILY POOL

The Family Pool is available for open swim during normal Aquatic Center hours. The depth ranges from 3'9" - 4'5" with a temperature maintained around 86° F.

For Super Fun Sundays from 3:00 - 7:30 pm, two-thirds of the pool is used the Jazzy Jungle inflatable obstacle course which is open to all members who pass the swim test. On Mondays and Wednesdays, 8:15 - 9:10 am, the Hydro Fitness class will use two-thirds of the pool. On various weekdays, 11:00 - 11:45 am, Kids Kamp will use one third of the pool. During these times, the remaining part of the pool is available for open swim.

LAP POOL

The Lap Pool is a 25-yard, 5 lane pool available for lap swimmers, 17 years or older. The depth ranges from 4'0" - 4'3" with a temperature maintained around 81° F. One lane may be reserved for swim programs during non-primetime hours.

MULTI-PURPOSE POOL

The Multi-Purpose Pool is a 25-yard, 6 lane pool used for various aquatic programs and lap swimming. The depth ranges from 4'0" - 8'6" with a temperature maintained around 84° F. See reverse for Multi-Purpose Pool schedule.

TEACHING POOL

The Teaching Pool is the PRO Sports club instruction pool. The pool depths vary from 2'0" – 4'3" with a temperature maintained around 88° F.

It is available for open swim during Family Fun Nights on Saturdays at 4:30 - 9:00 pm and Super Fun Sundays from 3:00 - 7:30 pm. During all other hours, children and parents must be scheduled with an instructor as the teaching pool is reserved for swim lessons and other programs.

For more information, please contact:
Aquatics (425) 861-6274 or aquaticsinfo@proclub.com

