

POOL Schedule

See reverse side for Pool Policies and Class Descriptions.

All times are ADULT times (14 yrs. and older) unless otherwise noted.

WINTER Effective: 1/1/10 - 3/21/10

◆ ◆ ◆ Cross training? Try an aqua class! ◆ ◆ ◆

MON	TUE	WED	THU	FRI	SAT	SUN
5:00 - 8:45 Open Swim/ Physical Therapy	5:00 - 8:45 Open Swim/ Physical Therapy	5:00 - 8:45 Open Swim/ Physical Therapy	5:00 - 9:45 Open Swim/ Physical Therapy	5:00 - 8:45 Open Swim/ Physical Therapy		
					6:00 - 8:45 Open Swim	6:00 - 9:45 Open Swim
9:00 - 10:00 Interval Aqua & More <i>Mary Beth</i>	9:00 - 9:45 Cardio Plus Barbara	9:00 - 10:00 Complete Aqua Fitness <i>Lizzie</i>		9:00 - 10:00 Aqua Circuit Lizzie	9:00 - 9:45 Aqua Circuit Lizzie	
10:00 - 10:45 Open Swim	10:00 - 10:45 Stride/Strength Barbara	10:00 - 10:45 Open Swim	10:00 - 10:45 SilverSplash® Lizzie	10:00 - 1:30 Open Swim/ Physical Therapy	10:00 - 1:00 Children's Swim Lessons ONLY	10:00 - 1:00 Children's Swim Lessons ONLY
10:45 - 1:30 Open Swim/ Physical Therapy	10:45 - 12:45 Open Swim/ Physical Therapy	10:45 - 1:30 Open Swim/ Physical Therapy	10:45 - 12:45 Open Swim/ Physical Therapy		No lap lanes	No lap lanes
1:45 - 2:30 Arthritis Aqua Barbara	1:00 - 2:00 Complete Aqua Fitness Bonnie	1:45 - 2:30 Arthritis Aqua Barbara	1:00 - 2:00 Complete Aqua Fitness Lizzie	1:45 - 2:30 Arthritis Aqua Lizzie	1:00 - 3:00 Kid's and Parent's Time	1:00 - 3:00 Kid's and Parent's Time
2:30 - 3:45 Open Swim/ Physical Therapy	2:15 - 3:15 Open Swim/ Physical Therapy	2:30 - 3:45 Open Swim/ Physical Therapy	2:15 - 3:15 Open Swim/ Physical Therapy	2:30 - 3:30 Open Swim/ Physical Therapy		
3:45 - 5:30 Children's Swim Lessons ONLY No Lap Lanes	3:45 - 5:45 Children's Lessons/ Open Swim & P.T.	3:45 - 5:30 Children's Swim Lessons ONLY No Lap Lanes	3:45 - 5:45 Children's Lessons/ Open Swim & P.T.	3:45 - 5:45 Children's Swim Lessons ONLY No Lap Lanes		
5:30 - 6:00 Open Swim/ Physical Therapy	5:45 - 10:30 Open Swim/ Physical Therapy	5:30 - 6:00 Open Swim/ Physical Therapy	5:45 - 10:30 Open Swim/ Physical Therapy	5:45 - 10:30 Open Swim	Members must be prepared to leave the club at 6 p.m. REMINDER: The fitness side of the pool is on the left (by the stairs). Please swim laps on the right side only.	
6:15 - 7:00 Cardio Sculpt Katrina		6:15 - 7:00 Aqua Circuit Cheryl				
7:00 - 10:30 Open Swim		7:00 - 10:30 Open Swim			Lap Swimming - 20 minutes per person when others are waiting. NO LAP LANES AVAILABLE DURING CLASSES or LESSONS	

Pool Schedule, Summer 2007.xls

Maximum Time 20 min. per person in Lap Area when others are waiting.
In the event of an electrical storm you MUST exit the pool.

COURT HOUSE PLUS
Fitness & Wellness Center

(860) 649-0597

RGH P.T. = Rockville General Hospital Physical Therapy

www.courthouseplus.com