

Pool Activity Schedule Fall 2009

September 2 through October 31

	Monday				Tuesday				Wednesday				Thursday				Friday				
	Open: 6am - Close: 9:30pm				Open: 6am - Close: 9:30pm				Open: 6am - Close: 9:30pm				Open: 6am - Close: 9:30pm				Open: 6am - Close: 9:30pm				
	Open Area	Lap Lane 1	Lap Lane 2	Lap Lane 3	Open Area	Lap Lane 1	Lap Lane 2	Lap Lane 3	Open Area	Lap Lane 1	Lap Lane 2	Lap Lane 3	Open Area	Lap Lane 1	Lap Lane 2	Lap Lane 3	Open Area	Lap Lane 1	Lap Lane 2	Lap Lane 3	
6am	Cross Country Team 6-7:30																				
8am	HT Water Exercise 7:45				FMH PT				HT Water Exercise 7:45								HT Water Exercise 7:45	FMH PT			
9:15am	PHE Water Workout				Mallet School				PHE Water Workout								PHE Water Workout				
10:30am					* Parent & Me Swim								* Parent & Me Swim				Rumford Schools 9/11 & 10/16				
11am									Water Exercise												
12pm	PHE Water Workout				Water Exercise				PHE Water Workout				Mt. Blue High School	Water Exercise			PHE Water Workout				
1pm	PHE Water Workout				REC 210 1:30-3:30					PHE Water Workout				REC 210 1:30-3:30					PHE Water Workout		
2:30pm	PHE Water Workout								PHE Water Workout								PHE Water Workout				
3pm					After School Program								After School Program								
4:30pm					* Pre-Schoolers Swim								* Pre-Schoolers Swim								
5pm	* Swim Lessons 5:15-6pm				* Swim Lessons 5:15-6pm				* Swim Lessons 5:15-6pm				* Swim Lessons 5:15-6pm								
6:30 PM	* Adult Swim Lesson								* Adult Swim Lesson												
	Saturday				Sunday																
	8:30am - 8:30pm				9:30am - 9:30pm																
	*Swim Lessons 8:45-10:15am																				

POOL ACTIVITY SCHEDULE

Highlighted activities are closed to general participation
Open area is for general swim
Lap Lanes are designated for lap swimming only

* A fee may be associated with this program. Registration required.