

# 2010 Spring I East Pool Schedule

2/21/10 - 4/17/10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30								5:30
5:45								5:45
6:00							Lap	6:00
6:15								6:15
6:30								6:30
6:45								6:45
7:00								7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00								8:00
8:15								8:15
8:30								8:30
8:45								8:45
9:00							Triathlon Training	9:00
9:15							7:00-11:30	9:15
9:30							(2 Lanes)	9:30
9:45							Lap	9:45
10:00							(2 Lanes)	10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00		Lap		Lap		Lap		11:00
11:15			Lap		Lap			11:15
11:30								11:30
11:45								11:45
12:00								12:00
12:15								12:15
12:30								12:30
12:45	Lap							12:45
1:00								1:00
1:15								1:15
1:30								1:30
1:45								1:45
2:00								2:00
2:15								2:15
2:30								2:30
2:45								2:45
3:00								3:00
3:15							Lap	3:15
3:30								3:30
3:45								3:45
4:00								4:00
4:15								4:15
4:30								4:30
4:45								4:45
5:00								5:00
5:15								5:15
5:30		Swim Lessons						5:30
5:45		4:50- 5:35	Swim Team	Swim Team	Swim Team	Swim Team		5:45
6:00		5:00-8:00	5:00-8:00	5:00-8:00	5:00-8:00	5:00-8:00		6:00
6:15		(3 Lanes)	(3 Lanes)	(3 Lanes)	(3 Lanes)	(3 Lanes)		6:15
6:30		Lap	Lap	Lap	Lap	Lap		6:30
6:45		(1 Lane)	(1 Lane)	(1 Lane)	(1 Lane)	(1 Lane)		6:45
7:00								7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00								8:00
8:15								8:15
8:30		Lap	Lap	Lap	Lap	Lap		8:30
8:45								8:45
9:00								9:00
9:15								9:15
9:30								9:30
9:45								9:45
10:00								10:00

\* East Pool: 25 Meters - 32 Laps = 1 Mile

