



Stauffer Pool

Effective 6/20/11-7/24/11

Updated- 6/14/11

	Lane					
Monday	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					Les
10:00-2:30	Lap Swim					Les
2:30-3:45	Open					
3:45-5:30	Open			Lap Swim		
5:30-7:45	Swim Team Practice					
7:45-9:30	Lap Swim					

	Lane					
Tuesday	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-2:30	Lap Swim					Les
2:30-3:45	Open					
3:45-5:30	Open			Lap Swim		
5:30-7:45	Swim Team Practice					
7:45-8:15	Lap Swim					
8:15-9:30	Lap Sw			Masters		

	Lane					
Wednesday	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					Les
10:00-2:30	Lap Swim					Les
2:30-3:45	Open					
3:45-5:30	Open			Lap Swim		
5:30-7:45	Swim Team Practice					
7:45-9:30	Lap Swim					

	Lane					
Thursday	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-2:30	Lap Swim					Les
2:30-3:45	Open					
3:45-5:30	Open			Lap Swim		
5:30-7:45	Swim Team Practice					
7:45-8:15	Lap Swim					
8:15-9:30	Lap Sw			Masters		

	Lane					
Friday	1	2	3	4	5	6
5:35-9:00	Lap Swim					
9:00-10:00	Swim Fit					Les
10:00-2:30	Lap Swim					Les
2:30-3:45	Open					
3:45-5:30	Open			Lap Swim		
5:30-6:15	Swim Team Practice					
6:15-7:15	Swim Team				Deep Jog	
7:15-7:45	Swim Team			Lap Swim		
7:45-9:30	Lap Swim					

	Lane					
Saturday	1	2	3	4	5	6
8:00-11:00	Swim Team Practice					
11:00-12:30	Lap Sw			Masters		
12:30-1:30	Lap Swim					
1:30-4:30	Open					
4:30-5:30	Lap Swim					

	Lane					
Sunday	1	2	3	4	5	6
7:30-10:30	Lap Swim					
10:30-1:00	Open					

*In the event of incimate weather, the swim team will use 4 lanes M-F from 7:45am-9:15am

Stauffer Shallows & Aquatic Fitness Schedule

Monday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:55-8:55	Aqua Fit- Shelly	
9:00-12:30	Adult	Hafaday
12:30-3:05	Camp	Open
3:05-6:15	Open	
6:15-7:15	Aqua Fit- Patty	
7:15-9:30	Adult Swim	

Wednesday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:55-8:55	Aqua Fit- Carla	
9:00-12:30	Adult	Hafaday
12:30-3:05	Camp	Open
3:05-6:15	Open	
6:15-7:15	Aqua Fit- Patty	
7:15-9:30	Adult Swim	

Friday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Patty	
7:55-8:55	Aqua Fit- Amelie	
9:00-12:30	Adult	Hafaday
12:30-3:05	Camp	Open
3:05-7:15	Open	
7:15-9:30	Adult Swim	

Tuesday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Deb	
7:55-8:55	Aqua Fit- Shelly	
9:00-12:30	Adult	Hafaday
12:30-3:05	Camp	Open
3:05-5:20	Open	
5:25-7:15	Group Lessons	
7:15-9:30	Open	

Thursday	Right	Left
5:35-6:45	Adult Swim	
6:45-7:45	Aqua Fit- Deb	
7:55-8:55	Aqua Fit- Shelly	
9:00-12:30	Adult	Hafaday
12:30-3:05	Camp	Open
3:05-5:20	Open	
5:25-7:15	Group Lessons	
7:15-9:30	Open	

Saturday	Right	Left
8:30-12:15	Group Lessons	
12:00-4:30	Open	
4:30-5:30	Adult Swim	

Sunday	Right	Left
7:30-9:00	Adult Swim	
9:15-10:15	Aqua Fit	
10:15-1:00	Open	