

HEIGHTS POOL SUMMER 2017 WEEKDAY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	
7:00 am	Early Bird Swim				Pool Closed/ Maintenance	7:00 am	
7:30 am						7:30 am	
8:00 am	Extra Lessons and/or Team Practices					8:00 am	
8:30 am						8:30 am	
9:00 am	8:30-10:30: Swimming Lessons					9:00 am	
9:30 am	10:00-10:30: 6 & Under Swim Team, Aquafit					9:30 am	
10:00 am						10:00 am	
10:30 am	10 & Under Swim Team					10:30 am	
11:00 am	11 & Over Diving Team					Swim Team (all age groups)	11:00 am
11:15 am	11 & Over Swim Team						11:15 am
11:30 am	10 & Under Diving Team				11:30 am		
12:00 pm	Waterpolo	Waterpolo	Waterpolo	Waterpolo	Waterpolo	12:00 pm	
12:45 pm	Junior Synchro		Junior synchro		Junior synchro	12:45 pm	
1:00 pm	Synchro					1:00 pm	
1:30 pm						1:30 pm	
2:00 pm	Shallow end: Free swim Deep end: Synchro					2:00 pm	
2:30 pm	Free Swim	Free Swim Bronze Medallion/Cross (2-5 pm)	Free Swim	Free Swim	Free Swim	2:30 pm	
3:00 pm						3:00 pm	
3:30 pm						3:30 pm	
4:00 pm						4:00 pm	
4:30 pm					4:30 pm		
5:00 pm					FAMILY FUN NIGHT! Rubber Ducky Swim	5:00 pm	
5:30 pm						5:30 pm	
6:00 pm	Diving for all (6-6:30 pm) Masters (7-8 pm) Swim Team (7-8pm, all age groups)	6:00 pm					
6:30 pm		6:30 pm					
7:00 pm		7:00 pm					
8:00 pm		8:00 pm					
8:30 pm		8:30 pm					
9:00 pm		9:00 pm					
	Free Swim (Shallow end only during waterpolo games)	Free swim Evening swim lessons Aquafit (6-6:45 pm) Masters (7-8 pm)	Free Swim (or swim meets)	Free Swim (Shallow end only during waterpolo games)			

HEIGHTS POOL SUMMER 2017 WEEKEND SCHEDULE

Time	Saturday	Sunday	Time	
7:00 am	Pool Closed	Pool Closed Diving Meets	7:00 am	
7:30 am			7:30 am	
8:00 am			8:00 am	
8:30 am			8:30 am	
9:00 am			9:00 am	
9:30 am			9:30 am	
10:00 am		Swimming Lessons	10:00 am	
10:30 am			10:30 am	
11:00 am		Senior Synchro (11:00 – 11:45 am) Rubber Ducky Swim (11:00 am – 12:30 pm)		11:00 am
11:15 am				11:15 am
11:45 pm	11:45 pm			
12:00 pm	Free Swim		12:00 pm	
12:30 pm			12:30 pm	
1:00 pm			1:00 pm	
1:30 pm			1:30 pm	
2:00 pm			2:00 pm	
2:30 pm			2:30 pm	
3:00 pm			3:00 pm	
3:30 pm			3:30 pm	
4:00 pm			4:00 pm	
4:30 pm			4:30 pm	
5:00 pm			5:00 pm	
5:30 pm			5:30 pm	
6:00 pm			6:00 pm	
6:30 pm			6:30 pm	
7:00 pm			7:00 pm	
8:00 pm			8:00 pm	
8:30 pm			8:30 pm	
9:00 pm			9:00 pm	