



## ALFORD AQUATIC CENTER (LCFYMCA) POOL JUNE 20, TO AUGUST 1, 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:00am</b>	AEROBIC WAVES/ LAP SWIM 2 LANES	WET AND WYLD/ LAP SWIM 2 LANES	AEROBIC WAVES/ LAP SWIM 2 LANES	WET AND WYLD/ LAP SWIM 2 LANES	HOUR OF POWER/ LAP SWIM 2 LANES	CLOSED	CLOSED
<b>10:00am</b>	SWIM LESSONS/ LAP SWIM 2 LANES	SWIM LESSONS/ LAP SWIM 2 LANES	SWIM LESSONS/ LAP SWIM 2 LANES	SWIM LESSONS/ LAP SWIM 2 LANES	LAP SWIM ONLY	SWIM LESSONS	CLOSED
<b>11:00am</b>	CAMP/OPEN SWIM UNTIL 12:30	CAMP/OPEN SWIM UNTIL 12:30	CAMP/OPEN SWIM UNTIL 12:30	CAMP/OPEN SWIM UNTIL 12:30	CAMP/OPEN SWIM UNTIL 12:30		
<b>12:00pm</b>							
<b>12:30pm</b>	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
<b>1:00pm</b>							
<b>2:00pm</b>							
<b>3:00pm</b>							
<b>4:00pm</b>	SHARKS 4 LANES/ LAP SWIM 2 LANES	SHARKS 4 LANES/ LAP SWIM 2 LANES	SHARKS 4 LANES/ LAP SWIM 2 LANES				
<b>6:00pm</b>	OPEN SWIM	OPEN SWIM	OPEN SWIM			CLOSED	
<b>7:00pm</b>					CLOSED		
<b>8:00pm</b>							