



2300 North Henry Street  
Alton, IL 62002  
618.462.1066

# POOL SCHEDULE

Effective October 1, 2009

## MONDAY

9:00-10:00 AM Aqua Aerobics  
4:00-6:00 PM Family Swim/Lap  
6:00-7:00 PM Aqua Aerobics  
7:00-8:00PM Family Swim/Lap

## TUESDAY

5:30-7:30 AM Tri-Athletic (Paid)  
8:30 AM Arthritis Aqua  
9:00-10:00 AM Aqua Aerobics  
4:00-6:00 PM Family Swim/Lap  
6:00-7:00 PM Aqua Aerobics  
7:00-8:00 PM Family Swim/Lap

## WEDNESDAY

8:30 AM Arthritis Aqua  
9:00-10:00 AM Aqua Aerobics  
4:00-6:00 PM Family Swim/Lap  
6:00-7:00 PM Aqua Aerobics  
7:00-8:00 PM Aqua Fit (Paid)

## THURSDAY

5:30-7:30 AM Tri-Athletic (Paid)  
8:30 AM Arthritis Aqua  
9:00-10:00 AM Aqua Aerobics  
4:00-6:00 PM Family Swim/Lap  
6:00-7:00 PM Aqua Aerobics  
7:00-8:00 PM Family Swim/Lap

## FRIDAY

8:30 AM Arthritis Aqua  
9:00-10:00 AM Aqua Aerobics  
4:00-8:00 PM Family Swim/Lap

## SATURDAY

8:00-8:45 Tri-Athletic (Paid)  
8:45-9:45 AM Aqua Aerobics  
1:00-6:00 PM Family Swim/Lap

## SUNDAY

1:00-6:00 PM Family Swim/Lap

NOTICE: This schedule is subject to daily changes without notice.  
However, we will try to inform members ahead of time. UPDATED 10/01/2009.