



July 2010 Pool Schedule

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15 Lap Swim	7:00-8:30 Open Swim/ Lap Lane	5:45-6:15 Lap Swim	7:00-8:30 Open Swim/ Lap Lane	5:45-6:15 Lap Swim		
6:15-9:00 Open Swim/ Lap Lane	8:30-10:00 Swim Lessons/ Lap Lane Available	6:15-9:00 Open Swim/ Lap Lane	8:30-10:00 Swim Lessons/ Lap Lane Available	6:15-9:00 Open Swim/ Lap Lane		
9:00-9:45 Water Fitness For Health	10:00-11:30 1 st Church of God 7/20 only	9:00-9:45 Water Fitness For Health	10:00-11:00 Trindale Elem.	9:00-9:45 Water Fitness For Health	8:30-9:00 Open Swim/ Lap Lane Available	
9:45-10:30 Y's Way to Water Exercise	10:00-12:00 Open Swim/ Lap Lane	9:45-10:30 Y's Way to Water Exercise	10:00-12:00 Open Swim/ Lap Lane	9:45-10:30 Y's Way to Water Exercise	9:00-10:00 Parent/Child Lap Lane Available	
10:30-11:15 No Impact Water Exercise		10:30-11:15 No Impact Water Exercise		10:30-11:15 No Impact Water Exercise	10:00-11:00 Water Fitness For Health	
11:15-12:00 No Impact Water Exercise	11:00-1:00 Thomasville Physical Therapy	11:15-12:00 No Impact Water Exercise	11:00-1:00 Thomasville Physical Therapy	11:15-12:00 No Impact Water Exercise	11:00-3:45 Open Swim/ Lap Lane Available	
12:00-12:45 Adult Lap Swim	12:00-1:00 Adult Lap Swim	12:00-12:45 Adult Lap Swim	12:00-1:00 Adult Lap Swim	12:00-12:45 Adult Lap Swim		
12:45-1:30 Silver Splash/ No Lap Lane		12:45-1:30 Silver Splash/ No Lap Lane	1:00-4:30 Open Swim/ Lap Lane Available	12:45-1:30 Silver Splash/ No Lap Lane		2:00-5:45 Open Swim/ Lap Lane Available
1:30-6:30 Open Swim/ Lap Lane Available	1:00-2:00 Swim Lessons/ Lap Lane Available	1:30-2:30 Swim Lessons/ Lap Lane Available		1:30-7:45 Open Swim/ Lap Lane Available		
1:30-2:30 A Whole New World	2:00-4:30 Open Swim/ Lap Lane Available	2:30-9:00 Open Swim/ Lap Lane Available		1:30-2:30 Bethany Stepping Stones		
2:30-3:30 Archdale Friends		2:30-3:30 Archdale Friends		2:30-3:30 F.D. Thomas		
	4:30-6:30 Swim Lessons/ Lap Lane Available		4:30-6:30 Swim Lessons/ Lap Lane Available			
	6:30-7:00 Open Swim/ Lap Lane Available		6:30-7:00 Open Swim/ Lap Lane Available			
6:30-7:30 Water Fitness For Health	7:00-8:00 Water Fitness For Health		7:00-8:00 Water Fitness For Health			
7:30-9:00 Open Swim/ Lap Lane Available	8:00-9:00 Open Swim/ Lap Lane Available		8:00-9:00 Open Swim/ Lap Lane Available			

No Open Swim Available:

Monday 9:00am-1:30pm; 6:30pm-7:30pm
 Tuesday 8:30am-10:00am; 12:00pm-2:00pm; 4:30pm-6:30pm; 7:00pm-8:00pm
 Wednesday 9:00am-1:30pm; 1:30pm-2:30pm;
 Thursday 8:30am-10:00am; 12:00pm-1:00pm; 4:30pm-6:30pm; 7:00pm-8:00pm
 Friday 9:00am-1:30pm
 Saturday 9:00am-11:00am

No Lap Lane Available:

Monday 9:00am-12:00pm; 12:45pm-1:30pm; 6:30pm-7:30pm
 Tuesday 7:00pm-8:00pm
 Wednesday 9:00am-12:00pm; 12:45pm-1:30pm
 Thursday 7:00pm-8:00pm
 Friday 9:00am-12:00pm; 12:45pm-1:30pm
 Saturday 10:00am-11:00am