

SEPTEMBER 2010 POOL SCHEDULE

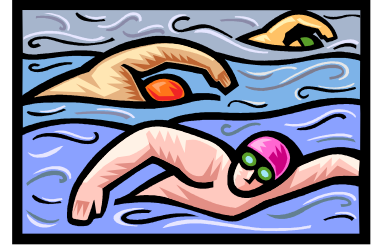
Health Quest sports two swimming pools, each with a different function.

Our larger pool is a 25 yard lap pool. This pool is kept between 77 and 79 degrees, the perfect temperature for swim exercise. We offer a few programs in this pool, most always leaving at least one lane open for lap swimmers. Please check the schedule for these times and share lanes if at all possible.

Our smaller pool is called the "Fitness Pool". This pool is covered and is kept at a warmer temperature than its neighbor, as its use is mainly for rehabilitative exercise and children's swim lessons. The schedules below change on a monthly basis so be sure to pick up a copy in the HQ lobby.

PLEASE TAKE NOTE:

- HEALTHQUEST MEMBERS MUST FOLLOW THE POSTED RULES
- THERE IS NO LIFEGUARD ON DUTY
- SHOWERS ARE REQUIRED PRIOR TO ENTERING THE SWIMMING POOLS OR SPAS



FITNESS POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9:00 OPEN	5:00-7:30 OPEN	5:00-9:00 OPEN	5:00-7:30 OPEN	5:00-9:00 OPEN	7:00-9:30 OPEN	OPEN ALL DAY
	7:30-8:30 AQUA		7:30-8:30 AQUA			
	8:30-9:00 OPEN		8:30-9:00 OPEN			
9:00-10:00 AQUA	9:00-10:00 AQUA	9:00-10:00 AQUA	9:00-10:00 AQUA	9:30-10:30 AQUA		
10:00-6:00 OPEN	10:00-12:00 SWIM LESSONS	10:00-12:00 SWIM LESSONS	10:00-3:30 OPEN	10:00-8:45 OPEN	10:30-12:30 SWIM LESSONS	
	12:00-3:30 OPEN	12:00-3:30 OPEN				
	3:30-5:30 SWIM LESSONS	3:30-5:30 SWIM LESSONS	3:30-6:00 SWIM LESSONS			
6:00-7:00 AQUA	6:00-9:45 OPEN	6:00-7:00 AQUA	6:00-9:45 OPEN	12:00-6:45 OPEN		
7:00-9:45 OPEN		7:00-9:45 OPEN				

LAP POOL (LAP POOL OPEN ALL OTHER TIMES)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30 ADULT SWIM	8:30-9:30 ADULT SWIM No coach	8:30-9:30 ADULT SWIM	8:30-9:30 ADULT SWIM No coach		9:00-10:00 am ADULT SWIM	
	3:30-4:15 LEVEL 5/6		3:30-4:15 LEVEL 5/6			
	4:15-5:00 pm PRE-SWIM TEAM		4:15-5:00pm PRE-SWIM TEAM			
	4:15-5:15 pm SWIM TEAM		4:15-5:15 pm SWIM TEAM			
	5:30-6:30 pm ADULT SWIM		5:30-6:30 pm ADULT SWIM			



ADULT SWIM

A Coached Adult Swim workout. All ages and levels welcome.