



Windermere Aquatic Club

Regular season weekly schedule for 2010 (updated 08 July 2010)
 Please see the monthly calendars for June, July and August for special events and swim meets

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:30 AM	Closed	Early-Bird Swim				Closed	Closed		
7:00 AM		Early-Bird Swim				Closed			
7:30 AM		Closed	Synchro Senior & Junior B	Synchro Junior A & B	Synchro Senior & Junior A	Waterpolo		Bronze Medallion and Bronze Cross (when needed)	
8:00 AM									
8:30 AM									
9:00 AM			Swimming lessons					Staff Training & Maintenance	
9:30 AM			Mon - Thurs , 9am to 11:30am						
10:00 AM			Synchro lessons			Synchro lessons			
10:30 AM			Waterpolo lessons	Junior Lifeguard & Diving Lessons	Waterpolo lessons	Junior Lifeguard & Diving Lessons			
11:00 AM			Swim Team (6 & under- white adv. from 11:30am to 12:00pm)					Rubber Ducky Swim @ 11:30	Rubber Ducky Swim @ 11:30
11:30 AM			Swim Team (Bout Choux - Blue from 11:30am to 12:00pm)						
12:00 PM	Swim Team (8& under from 11:30am to 12:15pm)								
12:30 PM	Swim Team (9 & 10 -12:00 to 1:00 ,11 & over 12:15pm to 1:15pm)								
1:00 PM	Rubber Ducky Swim @ 11:30	Diving 1:15-2:00	Synchro 1:15-2:00	Diving (1:15 - 2:00)	Synchro 1:15-2:00	Waterpolo (1:15-2:15)			
1:15 PM		Aquafit (1:15-1:45)	Yoga 1:15-2:00	Aquafit (1:15-1:45)	Yoga 1:15-2:00				
1:30 PM	Free Swim starts @ 1:45				Pool Closed	Free Swim			
1:45 PM	Free Swim	Bronze Med Bronze Cross (2-4pm) Pool Open for Free Swim			Aquafit (1:15-2:00)				
2:00 PM			Free Swim						
2:15 PM			Free Swim						
2:30 PM		Free Swim							
3:00 PM		Free Swim		Diving (deep-end closed)					
3:30 PM	Free Swim								
4:00 PM	Family Basketball (pool remains open)								
4:30 PM									
5:00 PM									
5:30 PM	Free Swim	Water Polo 5:30-6:30 Pool Closed	Swimming lessons (three lanes closed)	Swimming lessons (three lanes closed)		Synchro Team 5:30-7:30 Section of the pool open			
6:00 PM				Free Swim					
6:15 PM		Free Swim							
6:30 PM		Free Swim		Boot Camp 7-8 Free Swim					
7:00 PM		Free Swim							
7:15 PM	Free Swim								
7:30 PM	Free Swim								
8:00 PM	TeenBasketball (pool remains open)	Masters' Swimming (two lanes closed)	Free Swim		Masters' Swimming (two lanes closed)				
8:30 PM	Free Swim								
9:00 PM	Closing								