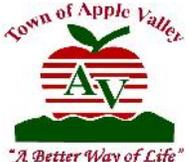


September Pool Schedule

September Pool Schedule							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Civic Center Park Aquatic Center Recreation Office (760) 240 - 7880 Pool Office (760) 240 - 7000 ex: 7895 www.AVRecreation.org "A Better Way to Play"</p> 					1	2	3
		6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	7:15 - 10am Lap Swim			
		7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance			
		4:15-5:30pm Swim Lessons	4:15-5:30pm Swim Lessons	9:40-11:45am Swim Lessons			
		5:15 - 7:15 pm WAVE	5:15 - 7:15 pm WAVE	12:45-3:45pm Rec Swim			
8 - 9:45pm E. Rec Swim	6:15 - 7:15pm Aqua Fitness	6:30-9:45pm Rec Swim					
	7:45-9:45pm E. Lap Swim						
4	5	6	7	8	9	10	
10 - 11:30am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	7:15 - 10am Lap Swim	
12:45-3:45pm Rec Swim	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	
	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	3- 5pm Water Polo Game	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	12:45-3:45pm Rec Swim	
	6:15 - 7:15pm Aqua Fitness		5:45 - 7:45 pm WAVE	8 - 9:45pm E. Rec Swim	6:15 - 7:15pm Aqua Fitness	Private Rental	
	7:45-9:45pm E. Lap Swim		6:15 - 7:15pm Aqua Fitness		7:45-9:45pm E. Lap Swim	6:30-9:45pm Rec Swim	
			7:45-9:45pm E. Lap Swim				
11	12	13	14	15	16	17	
10 - 11:30am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	AV WAVE Swim Meet	
12:45-3:45pm Rec Swim	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	6:30-9:45pm Rec Swim	
	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	3- 5pm Water Polo Game	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE		
	6:15 - 7:15pm Aqua Fitness		5:45 - 7:45 pm WAVE	8 - 9:45pm E. Rec Swim	6:15 - 7:15pm Aqua Fitness		
	7:45-9:45pm E. Lap Swim		6:15 - 7:15pm Aqua Fitness		7:45-9:45pm E. Lap Swim		
			7:45-9:45pm E. Lap Swim				
18	19	20	21	22	23	24	
10 - 11:30am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	Reverse Triathlon	
12:45-3:45pm Rec Swim	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	12:45-3:45pm Rec Swim	
	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	6:30-9:45pm Rec Swim	
	6:15 - 7:15pm Aqua Fitness		6:15 - 7:15pm Aqua Fitness	8 - 9:45pm E. Rec Swim	6:15 - 7:15pm Aqua Fitness		
	7:45-9:45pm E. Lap Swim		7:45-9:45pm E. Lap Swim		7:45-9:45pm E. Lap Swim		
25	26	27	28	29	30		
10 - 11:30am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	6:15 - 10 am Lap Swim	 <p style="font-size: small;">"A Better Way of Life"</p>	
12:45-3:45pm Rec Swim	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness	7:30- 9:30am Splash Dance	7:30 - 9:30am Aqua Fitness		
	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	5:45 - 7:45 pm WAVE	3- 5pm Water Polo Game		
	6:15 - 7:15pm Aqua Fitness		6:15 - 7:15pm Aqua Fitness	8 - 9:45pm E. Rec Swim	5:45 - 7:45 pm WAVE		
	7:45-9:45pm E. Lap Swim		7:45-9:45pm E. Lap Swim		6:15 - 7:15pm Aqua Fitness		
					7:45-9:45pm E. Lap Swim		