

# AQUATICS SCHEDULE AS OF 12/12/11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		POOL OPENS AT 6AM MONDAY through FRIDAY				All Deluxe and S REQUIRE a band Bands are issue services desk. S not permitted in
7:00 AM						
8:00 AM	CO-ED 6:00 - 9:15am	CO-ED 6:00 - 9:30am	CO-ED 6:00 - 9:15am	CO-ED 6:00 - 9:30am	CO-ED 6:00 - 9:00am	Pool Open 7:45am
8:30 AM						
9:00 AM	Womens Only		Womens Only		9 - 10am	
9:30 AM	Swim 9:15 - 10:15am	9:30-10:30am AQUA AEROBICS DELUXE/SELECT ONLY CO-ED SWIM	Swim 9:15 - 10:15am	9:30 -10:30am AQUA AEROBICS DELUXE/SELECT ONLY CO-ED SWIM	AQUA AEROBICS DELUXE/SELECT ONLY CO-ED SWIM	
10:00 AM					10 - 11am	
10:30 AM	CO-ED 10:15 - 11:00am	10:30am-11:55am CO-ED	CO-ED 10:15 - 11:00am Fountainview	CO-ED 10:30 - 11:55am	Womens Only Aqua Aerobics DELUXE/SELECT	Womens Only Swim 10 - 11am
11:00 AM	11am - 12pm Womens Only Aqua Aerobics DELUXE/SELECT	11-11:55am Northern Metropolitan	11am - 12pm Womens Only Aqua Aerobics DELUXE/SELECT		11AM - 11:55am Northern Metropolitan CO-ED	
11:30 AM						
12:00 PM	12pm - 1pm Womens Only Aqua Aerobics DELUXE/SELECT	12pm - 1pm Womens Only Swim DELUXE/SELECT		12pm - 1pm Womens Only Aqua Aerobics DELUXE/SELECT		
12:30 PM			Womens Only		Womens Only	
1:00 PM	Womens Only Swim 1pm - 3pm	Womens Only Swim 1pm - 3pm	Swim 12pm - 3pm	Womens Only Swim 1pm - 3pm	Swim 12pm - 3pm	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	
3:30 PM						
4:00 PM						3:45 POOL CLOSED
4:30 PM	CO-ED LAP SWIMMING AS SCHOOL USAGE ALLOWS					
5:00 PM	MONDAY thru FRIDAY 4:30-5:35 PM HUDSON VALLEY SWIM SCHOOL					MON - THURS FRIDAY SATURDAY SUNDAY
5:30 PM						
6:00 PM	CO-ED 5:35pm-7pm	CO-ED 5:35pm-6:40pm	CO-ED 5:35pm-7pm	CO-ED 5:35pm-7pm	CO-ED 5:35pm-7:45pm	SWIM WOMEN'S DELUXE DELUXE CO-ED MEN'S
6:30 PM						
7:00 PM	Womens Only Swim 7pm - 8:30pm	6:45 - 7:45pm Womens Only Aqua Aerobics DELUXE/SELECT Womens Only Swim 745-8:30pm	Womens Only Swim 7pm - 8:30pm	Womens Only Swim 7pm - 8:30pm	7:45 Pool Closed	All Deluxe and S REQUIRE a band Bands are issue services desk. S not permitted in
7:30 PM						
8:00 PM						CHILD CARE F
8:30 PM					MON - FRIDAY SATURDAY SUNDAY	8:30 am - 2:15 pm 8:30 am - 12 pm 8:30 AM - 1 PM
9:00 PM						
9:30 PM	Mens Only Swim 8:30 - 11pm	Mens Only Swim 8:30 - 11pm	Mens Only Swim 8:30 - 11pm	Mens Only Swim 8:30 - 11pm		
10:00 PM						
10:30 PM						
11:00 PM	Pool Closes 11:00PM					

INQUIRE AT MEMBER S  
OR CHECK THE  
FOR HOLIDAY HC  
POOL CLOSING INI  
WWW.LPXCLUB.COM

PRIVATE SWIM LESSONS ARE OFFERED AT ANY GIVEN TIME DURING THE NORMAL HOURS



**SUNDAY**

Select Pool Sessions  
needed to enter the pool.  
needed at the members  
needed at standard members  
needed at pool during this time.

Pool Open 7:45am

MOMMY & ME  
8:30

PEE WEE SWIM  
9:00

PEE WEE SWIM  
9:30

PEE WEE SWIM  
10:00 AM

CO-ED  
7:45am - 12:30pm

Womens Only  
Swim  
12:30 - 2pm

CO-ED  
2 - 3pm

Mens Only  
Swim  
3 - 4:30pm

4:30 Pool Closed

Pool Hours  
6AM - 11 PM  
6AM - 7:45 PM  
7:45AM-3:45PM  
7:45AM-4:30 PM

**CODING**

ONLY

SELECT WOMENS ONLY

SELECT CO-ED SWIM

ONLY

Select Pool Sessions  
needed to enter the pool.  
needed at the members  
needed at standard members  
needed at pool during this time.

**HOURS**

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SERVICES DESK  
WEBSITE  
HOURS AND  
FORMATION  
845-356-1900

**STANDARDS OF OPERATION**

