

Aquatics Schedule and Programs

Fall 2009 August 24 – January 1

An American Red Cross Lifeguard will be on deck during all activities, programs, and swim times.

This schedule is subject to change. Pool closes when lightning is in the area.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|---|
| | Morning Hours 5:15 – 3:00p <u>Aerobics</u> 8:30 – 9:30a 9:30 – 10:30a <u>Water Yoga</u> 10:30 – 11:25a <u>Little Splashers</u> 11:30 – 3:00p | Morning Hours 5:15 – 3:00p <u>Aerobics</u> 8:30 – 9:30a <u>Joints in Motion</u> 9:30 – 10:15a | Morning Hours 5:15 – 3:00p <u>Aerobics</u> 8:30 – 9:30a 9:30 – 10:30a <u>Little Splashers</u> 9:00 – 3:00p | Morning Hours 5:15 – 3:00p <u>Aerobics</u> 8:30 – 9:30a <u>Joints in Motion</u> 9:30 – 10:15p <u>Water Yoga</u> 10:30 – 11:25a <u>Little Splashers</u> 11:30 – 3:00p | Morning Hours 5:15 – 3:00p <u>Aerobics</u> 8:30 – 9:30a 9:30 – 10:30a | Morning Hours 7:00a – 12:00p <u>Aerobics</u> 8:30 – 9:30a 9:30 – 10:30a |
| Open Swim 12:00 – 5:00p | Open Swim 4:00 – 9:00p <u>Aerobics</u> 5:00 – 6:00p 6:00 – 7:00p | Open Swim 4:00 – 9:00p | Open Swim 4:00 – 9:00p <u>Aerobics</u> 5:00 – 6:00p 6:00 – 7:00p | Open Swim 4:00 – 9:00p | Open Swim 4:00 – 9:00p <u>Aerobics</u> 5:00 – 6:00p 6:00 – 7:00p | Open Swim 12:00 – 7:30p |

The pool will be closed 3:00 – 4:00pm, Monday through Friday for cleaning and routine maintenance.

Note: Water features and certain areas of the pool may be turned off during group swimming lessons, classes, or water aerobics.

If there are more than 17 people in attendance at any Water Aerobics Class, all lap lanes will be closed.

Little Splashers is a time designed for preschool age children 5 & under accompanied by an adult to swim in the pool

Lap Swimming Schedule

Because we are committed to helping you achieve your fitness goals,
 We have reserved the following times for the lap lanes to be used for lap swimming only.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|---|---|---|---|---|-----------------|
| 4:00 – 5:00p | 5:15 – 8:30a 12:00 – 3:00p 7:00 – 9:00p | 5:15 – 8:30a 12:00 – 3:00p 7:00 – 9:00p | 5:15 – 8:30a 12:00 – 3:00p 7:00 – 9:00p | 5:15 – 8:30a 12:00 – 3:00p 7:00 – 9:00p | 5:15 – 8:30a 12:00 – 3:00p 7:00 – 9:00p | 10:15a – 12:00p |

POOL CLOSED SEPT 12 – 22 for annual maintenance and repairs

See reverse side for a complete calendar of events!

Calendar of Special Dates

These are days that will be different than the regularly scheduled hours and activities listed on the Reverse Side

| | | | |
|-----------|----------------------|----------------|---|
| August | S M T W T F S | 1 | August 25, 2009 Springfield Public Schools back in session CFC Fall Schedule Begins <i>Morning Hours</i> 5:15a- 3:00p <i>Open Swim</i> 4:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times |
| | 2 3 4 5 6 7 8 | | |
| | 9 10 11 12 13 14 15 | | |
| | 16 17 18 19 20 21 22 | | |
| | 23 24 25 26 27 28 29 | | |
| | 30 31 | | |
| September | S M T W T F S | 1 2 3 4 5 | September 7, 2009 Labor Day- SPS Off <i>Morning Hours</i> 5:15a-12:00pm <i>Open Swim</i> 12:00pm-2:30pm September 12-21, 2009 Pool Closed for annual cleaning |
| | 6 7 8 9 10 11 12 | 12 | |
| | 13 14 15 16 17 18 19 | | |
| | 20 21 22 23 24 25 26 | | |
| | 27 28 29 30 | | |
| October | S M T W T F S | 1 2 3 | October 2, 2009 Springfield Public Schools Off <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times October 23, 2009 Springfield Public Schools Early Release <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times |
| | 4 5 6 7 8 9 10 | 2 3 | |
| | 11 12 13 14 15 16 17 | | |
| | 18 19 20 21 22 23 24 | 23 | |
| | 25 26 27 28 29 30 31 | | |
| November | S M T W T F S | 1 2 3 4 5 6 7 | November 6, 2009 Springfield Public Schools Off <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times November 25, 2009 Thanksgiving Eve <i>Morning Hours</i> 5:15a-12:00pm <i>Open Swim</i> 12:00pm-2:30pm November 26, 2009 Thanksgiving Day- Pool Closed November 27, 2009 SPS Thanksgiving Vacation <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times |
| | 8 9 10 11 12 13 14 | 6 7 | |
| | 15 16 17 18 19 20 21 | | |
| | 22 23 24 25 26 27 28 | 25 26 27 | |
| | 29 30 | | |
| December | S M T W T F S | 1 2 3 4 5 | December 8, 2009 Springfield Public Schools Early Release <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times December 23-30, 2009 Winter Vacation- SPS Off <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times December 24, 2009 Christmas Eve <i>Morning Hours</i> 5:15a- 12:00p <i>Open Swim</i> 12:00p- 4:30p December 25, 2009 Christmas Day- Pool Closed December 31, 2009 New Years Eve <i>Morning Hours</i> 5:15a-12:00pm <i>Open Swim</i> 12:00pm-4:30pm |
| | 6 7 8 9 10 11 12 | 8 9 | |
| | 13 14 15 16 17 18 19 | | |
| | 20 21 22 23 24 25 26 | 23 24 25 26 | |
| | 27 28 29 30 31 | 27 28 29 30 31 | |
| | | | |
| January | S M T W T F S | 1 2 | January 1, 2009 New Years Day- Pool Closed January 15, 2009 Springfield Public Schools Off <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times January 18, 2009 Martin Luther King Jr. Day- SPS Off <i>Morning Hours</i> 5:15a- 2:00p <i>Open Swim</i> 2:00p- 9:00p All Classes and Programs Follow Regularly Scheduled Times |
| | 3 4 5 6 7 8 9 | 1 2 | |
| | 10 11 12 13 14 15 16 | 15 16 | |
| | 17 18 19 20 21 22 23 | 18 19 | |
| | 24 25 26 27 28 29 30 | | |
| | 31 | | |

Special Pool Hours

For additional information on aquatic classes, request a fall aquatic program flyer from the front desk.