



# HEALDSBURG POOL SCHEDULE

**(707) 385-2500** *October 5, 2009*

|                | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|----------------|---|---|---|---|---|--|--|
| <b>6:30AM</b>  | <b>MASTERS SWIM</b><br>Coach Travis<br>4 lanes<br>Lap Pool                                |   | <b>MASTERS SWIM</b><br>Coach Travis<br>4 lanes<br>Lap Pool                                |   | <b>MASTERS SWIM</b><br>Coach Travis<br>4 lanes<br>Lap Pool                                |  |  |
| <b>9:00AM</b>  | <b>AQUA AEROBICS</b><br>Magda<br>Warm Pool  |   | <b>AQUA AEROBICS</b><br>Jill<br>Warm Pool   |   |   |  |  |
| <b>9:30AM</b>  |   |   |   |   |   | <b>AQUA AEROBICS</b><br>Jennifer A.<br>Warm Pool |  |
| <b>10:00AM</b> |   |   |   |   | <b>AQUA AEROBICS</b><br>Veronica<br>Warm Pool   |  | <b>MASTERS SWIM</b><br>Coach Travis<br>4 lanes<br>Lap Pool<br>(10-11:45AM) |
| <b>3:45PM</b>  |   | <b>NEPTUNES SWIM PRACTICE</b><br>2 lanes<br>(3:45-4:30pm)<br>Lap Pool   |   | <b>NEPTUNES SWIM PRACTICE</b><br>2 lanes<br>(3:45-4:30pm)<br>Lap Pool   |   |  |  |
| <b>4:00PM</b>  | <b>NEPTUNES SWIM PRACTICE</b><br>2 lanes<br>(4:00-4:30pm)<br>Lap Pool                     |   | <b>NEPTUNES SWIM PRACTICE</b><br>2 lanes<br>(4:00-4:30pm)<br>Lap Pool                     |   | <b>NEPTUNES SWIM PRACTICE</b><br>2 lanes<br>(4:00-4:30pm)<br>Lap Pool                     |  |  |
| <b>4:30PM</b>  | <b>AQUA AEROBICS</b><br>Gerry<br>Warm Pool  |   | <b>AQUA AEROBICS</b><br>Gerry<br>Warm Pool  |   |   |  |  |
| <b>5:30PM</b>  |   | <b>AQUA AEROBICS</b><br>Alan<br>Warm Pool                               |   | <b>AQUA AEROBICS</b><br>Alan<br>Warm Pool                               |   |  |  |
| <b>6:30PM</b>  | <b>NEPTUNES SWIM PRACTICE</b><br>3 lanes<br>(6:30-7:30pm)<br><br>2 lanes<br>(7:45-8:45pm) | <b>NEPTUNES SWIM PRACTICE</b><br>3 lanes<br>(7:15pm-8:45pm)<br>Lap Pool | <b>NEPTUNES SWIM PRACTICE</b><br>3 lanes<br>(6:30-7:30pm)<br><br>2 lanes<br>(7:45-8:45pm) | <b>NEPTUNES SWIM PRACTICE</b><br>3 lanes<br>(7:15pm-8:45pm)<br>Lap Pool | <b>NEPTUNES SWIM PRACTICE</b><br>3 lanes<br>(6:30-7:30pm)<br><br>2 lanes<br>(7:45-8:45pm) |  |  |

**See schedule for number of Lap Lanes available for open swim during Neptunes' Swim Practices. Neptunes' practices will only be held at the club temporarily from October 5th—January 29th, 2009.**

**All Aqua Aerobics classes are held in the Warm Pool. Please note that these classes can be easily modified to your level.**

*Pool schedule and classes are subject to change without notice.*