

July 2010



We build strong kids, strong families, strong communities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00am	<u>Masters Swim</u> 3 Lanes 5:30-6:30 Lap Swim 1 Lane	Lap Swim 4 lanes	<u>Masters Swim</u> 3 Lanes 5:30-6:30 Lap Swim 1 Lane	Lap Swim 4 lanes	<u>Masters Swim</u> 3 Lanes 5:30-6:30 Lap Swim 1 Lane		
8:00-9:00am	Family 2 lanes Lap Swim 2 lanes	<u>Water fitness</u> 3 lanes Lap Swim 1 lane	Family 2 lanes Lap Swim 2 lanes	<u>Water fitness</u> 3 lanes Lap Swim 1 lane	Family 2 lanes Lap Swim 2 lanes	7:40am-12:30 Swim Lessons 3 lanes Lap Swim 1 lane	
9:00-12:00pm	<u>Swim Lessons</u> <u>9:00-10:30</u> 2 lanes Lap Swim 2 lanes	<u>Swim Lessons</u> <u>9:00-10:30</u> 2 lanes Lap Swim 2 lanes	<u>Swim Lessons</u> <u>9:00-10:30</u> 2 lanes Lap Swim 2 lanes	<u>Swim Lessons</u> <u>9:00-10:30</u> 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	12:30-2pm Space may be needed for private swim lessons	<u>12:00pm-5:30pm</u> Family 2 lanes Lap Swim 2 lanes
12:00-1:00pm	<u>Water fitness</u> <u>12:00-1:00</u> 3 lanes Lap Swim 1 lane	Family 2 lanes Lap Swim 2 lanes	<u>Water fitness</u> <u>12:00-1:00</u> 3 lanes Lap Swim 1 lane	Family 2 lanes Lap Swim 2 lanes	<u>Water fitness</u> <u>12:00-1:00</u> 3 lanes Lap Swim 1 lane	<u>12:30-5:30pm</u> Family 2 lanes Lap Swim 2 lanes	
1:00pm 2:40pm	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes		
2:40pm-5:00pm	<u>Swim Lessons</u> 3 lanes Lap Swim 1 lane	<u>Swim Lessons</u> 3 lanes Lap Swim 1 lane	<u>Swim Lessons</u> 3 lanes Lap Swim 1 lane	<u>Swim Lessons</u> 3 lanes Lap Swim 1 lane	Family 2 lanes Lap Swim 2 lanes		
5:00pm -6:00pm	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	Family 2 lanes Lap Swim 2 lanes	<u>Closed July 4th</u>	
6:00pm-7:00pm	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	<u>Manta Ray</u> <u>Swim Team</u> 4 lanes	Family 2 lanes Lap Swim 2 lanes		
7:00pm-8:00pm	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	<u>Water Fitness</u> 3 lanes Lap Swim 1 lane	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes		
8:00pm-9:00pm	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Family 2 lanes Lap Swim 2 lanes	Friday: May be needed for make-up swim lessons.	

*** Please be courteous to our closing staff and allow yourself enough time to shower or change before the facility closes at 9:00pm**

For lap swimmers at all times:

- * All lap swimmers must be at least 8 years of age.
- *There is no family swim during scheduled program times.
- *Children under the age of 8 must be accompanied in the water with an adult to be in the pool.
- *Schedule subject to change without notice.
- *Be sure to sign up for Pool Updates at the Member Service Desk.

SUMMER SWIM LESSON SCHEDULE

Weekday Lesson Time	Monday	Tuesday	Wednesday	Thursday	Friday Make-ups		Saturday
9:00 - 9:30 am	Parent/Tot, Pike Eel	Parent/Tot, Pike Eel	Parent/Tot, Pike Eel	Parent/Tot, Pike Eel	Parent/Tot, Pike Eel	7:40 - 8:25	Adult (Basic and Advanced)
9:35 - 10:05 am	Guppy, Minnow Preschool	Guppy, Minnow Preschool	Guppy, Minnow Preschool	Guppy, Minnow Preschool	Guppy, Minnow Preschool	8:30 - 9:00 am	Parent/Tot, Eel
10:10 - 10:40 am	Guppy Fish	Guppy Fish	Guppy Fish	Guppy Fish	Guppy Fish	9:05 - 9:35 am	Pike, Fish
10:45 - 11:15 am	Ray Polliwog, Minnow	Ray, Fish Polliwog, Minnow	Ray, Fish Polliwog, Minnow	Ray, Fish Polliwog, Minnow	Ray, Fish Polliwog, Minnow	9:40 - 10:10 am	Parent/Tot, Polliwog
11:20 - 11:50 am	Parent/Tot, Pike Fish	Parent/Tot, Pike Fish	Parent/Tot, Pike Fish	Parent/Tot, Pike Fish	Parent/Tot, Pike Fish	10:15 - 10:45 am	Guppy Minnow
						10:50 - 11:20 am	Eel, Ray
2:00 - 2:30 pm	Pike, Eel	Pike, Eel	Pike, Eel	Pike, Eel	Pike, Eel	11:25 - 11:55 am	Pike, Minnow
2:35 - 3:05 pm	Pike, Eel Ray	Pike, Eel Ray	Pike, Eel Ray	Pike, Eel Ray	Pike, Eel Ray	See Front Desk for private lessons	
3:10 - 3:40 pm	Ray, Polliwog Parent/Tot	Ray, Polliwog Parent/Tot	Ray, Polliwog Parent/Tot	Ray, Polliwog Parent/Tot	Ray, Polliwog Parent/Tot		
3:45 - 4:15 pm	Minnow, Fish Guppy	Minnow, Fish Guppy	Minnow, Fish Guppy	Minnow, Fish Guppy	Minnow, Fish Guppy		
4:20 - 4:50 pm	Pike, Eel Ray	Pike, Eel Ray	Pike, Eel Ray	Pike, Eel Ray	Pike, Eel Ray		

Registration Begins	
Full Members	May 17th
Program Members	May 24th

SWIM LESSON DATES & FEES

All swim lessons are 30 Minutes

Session #	Dates Mon - Thurs	Full Member		Program Member		
1	June 14th-June 26th	\$45	8 lessons	\$90		8 lessons
2	June 28th-July 10th	\$45	8 lessons	\$90		8 lessons
3	July 12th-July 24th	\$45	8 lessons	\$90		8 lessons
4	July 26th-Aug. 7th	\$45	8 lessons	\$90		8 lessons
5	Aug. 9th-Aug. 21st	\$45	8 lessons	\$90		8 lessons
Saturday #1	June 19th-July 17th	\$45	5 lessons	\$90		5 lessons
Saturday #2	July 24th-Aug. 21st	\$45	5 lessons	\$90		5 lessons

Swim Team	Practice Times	Cost
Silver	5:00pm - 6:00pm	\$55/month
Gold	6:00pm - 7:00pm	\$55/month
Both Teams practice Mon, Tues, Weds, & Thurs.		

Schedule subject to change

For more information regarding swim lessons or other aquatics programs, contact Tarrik Daou (805) 480-0309 ext. 108 tdaou@millerymca.org