

Pine Lake Big Pool Schedule Spring 2012

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM							
5:15 AM							
5:30 AM			Masters Swim	Masters Swim		Masters Swim	
5:45 AM			5:30-6:30am	5:15-6:30am		5:30-6:30am	
6:00 AM			Lanes 2-4	Lanes 2-4		Lanes 2-4	
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM	Masters Swim						
7:15 AM							
7:30 AM	7:00-8:30am						
7:45 AM	Lanes 2-4						
8:00 AM							
8:15 AM							
8:30 AM					Pilates Intervals		Cardio H2O
8:45 AM					8:15-9:15am		8:15-9:15am
9:00 AM	Saturday Splash		Cardio H2O	Cardio H2O	Lane 1-2	Cardio H2O	
9:15 AM	9:00-10:00am		9:00-10:00am	9:00-10:00am		9:00-10:00am	
9:30 AM	Lanes 1-2		Lane 1-2	Lane 1-2		Lane 1-2	
9:45 AM	(Aerobics)		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
10:00 AM			9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	
10:15 AM			Lane 4	Lane 4	Lane 4	Lane 4	
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM				Liquid Intervals		Liquid Intervals	
12:15 PM				12:00-1:00pm		12:00-1:00pm	
12:30 PM				Lane 1-2		Lane 1-2	
12:45 PM							
1:00 PM				ADULT SWIM		ADULT SWIM	
1:15 PM				ONLY 1-2pm		ONLY 1-2pm	
1:30 PM				Gentle Waves		Gentle Waves	
1:45 PM				1-2pm lane 1-2		1-2pm lane 1-2	
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM			High School		High School		High School
3:15 PM			3:00-4:00pm		3:00-4:00pm		3:00-4:00pm
3:30 PM			Lane 1-2		Lane 1-2		Lane 1-2
3:45 PM							
4:00 PM			Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Team
4:15 PM			4:00-7:30pm	4:00-7:30pm	4:00-7:30pm	4:00-7:30pm	4:00-7:00pm
4:30 PM			Lane 4	Lane 4	Lane 4	Lane 4	Lane 1-2
4:45 PM			Swim Team	Swim Team	Swim Team	Swim Team	
5:00 PM			4:00-8:30pm	4:00-8:30pm	4:00-8:30pm	4:00-8:30pm	
5:15 PM			Lane 1-2	Lane 1-2	Lane 1-2	Lane 1-2	
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
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8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							

| At all times 1 lane is open for lap swim see guard for specific lane(s) | Private lessons may be going on during any open swim time |
 | Open Swim/Lap swim is indicated by white space |

Columbia Athletic Clubs Pine Lake

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