

# Winter 2011-2012 Program Schedule (December 1st - March 31st)

		515	700	900	930	1000	1100	1200	100	200	330	400	500	530	600	615	715	730	815	845
Monday	R	Lap Swim/Water Walk		Aquacise (Low Impact)	Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Aquacise	Lap Swim/Water Walk		
	L1																			
	L2																			
	L3														Swim Lessons (Start Jan. 9)					
	L4	Lap Swim			Lap Swim/Water Walk		Lap Swim		Lap Swim		PARDS Swim Team High School/Senior Group		Aqua Boot Camp 5-6		PARDS Swim Team Silver Group & Masters				Lap Swim	
	L5																			
L6																				
Tuesday	R	Lap Swim/Water Walk		Aquacise	Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Water Walk			
	L1																			
	L2																			
	L3														Swim Lessons (Start Jan. 9)		Pre-Comp Swim Group			
	L4	Lap Swim			Lap Swim/Water Walk		Lap Swim		Lap Swim		PARDS Swim Team High School/Senior Group				PARDS Swim Team Silver Group & Masters				Lap Swim	
	L5																			
L6																				
Wednesday	R	Lap Swim/Water Walk		Aquacise (Low Impact)	Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Aquacise		Lap Swim/Water Walk	
	L1																			
	L2																			
	L3																			
	L4	Lap Swim			Lap Swim/Water Walk		Lap Swim		Lap Swim		PARDS Swim Team High School/Senior Group		Swim Lessons (Start Jan. 9)		PARDS Swim Team Silver Group & Masters				Lap Swim	
	L5																			
L6																				
Thursday	R	Lap Swim/Water Walk		Aquacise	Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Aquacise		Lap Swim/Water Walk	
	L1																			
	L2																			
	L3														Swim Lessons (Start Jan. 9)		Pre-Comp Swim Group			
	L4	Lap Swim			Lap Swim/Water Walk		Lap Swim		Lap Swim		PARDS Swim Team High School/Senior Group				PARDS Swim Team Silver Group & Masters				Lap Swim	
	L5																			
L6																				
Friday	R	Lap Swim/Water Walk		Aqua Dance	Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk		Lap Swim/Water Walk	
	L1																			
	L2																			
	L3																			
	L4	Lap Swim			Lap Swim/Water Walk		Lap Swim		Lap Swim		PARDS Swim Team High School/Senior Group									
	L5																			
L6																				
Saturday	R			Water Zumba		Water Walk														
	L1			Water Zumba (1st, 3rd, 5th Sat of each month)																
	L2																			
	L3																			
	L4																			
	L5			Lap Swim		Lap Swim														
L6																				
Sunday	R					Water Walk														
	L1																			
	L2																			
	L3																			
	L4																			
	L5																			
L6																				