


Winter 2010 Marshall Pool Schedule: January 4 - May 2, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
5:30-12 Lap Swim	5:30-11 Lap Swim	5:30-12 Lap Swim	5:30-11 Lap Swim	5:30-12 Lap Swim	7-9 Lap Swim	 <p>For information on Pool Parties, call 487-7074</p> <p>Did you know that our Swim Instructors receive over 48 hours of training!</p>
6-7 Super Fit (deep)	6-7 Aqua Power	6-7 Super Fit (deep)	6-7 Aqua Power	6-7 Super Fit (deep)	7-8 Going Deep	
 8-9 Aqua Fusion		 8-9 Aqua Fusion	7:30-9 Clark College 	 8-9 Aqua Fusion	8-9 Super Fit (deep)	
9-10 Aqua Play	9-10 Going Deep	9-10 Aqua Play Home School	9-10 Going Deep	9-10 Aqua Play	9-12 Swim Lessons	
10-11 Aqua Power	10-11 Lessons	10-11 Aqua Power	10-11 Lessons	10-11 Aqua Power		
11-11:30 Aqua Yoga	11-12 Clark College (Closed to Public)	11-11:30 Aqua Yoga	11-12 Clark College (Closed to Public)	11-11:30 Aqua Yoga		
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
12-3 Lap Swim	12-3 Clark College (Closed to Public)	12-3 Lap Swim	12-3 Clark College (Closed to Public)	12-3 Lap Swim	12-1 Lap Swim	12-1 Lap Swim
12-1 Gentle Moves		12-1 Gentle Moves		12-1 Gentle Moves	1-2:30 Public Swim	1-2:30 Family Swim
1-2 Aqua Trim		1-2 Aqua Trim		1-2 Aqua Trim		
2-3 Access Aquatics	3-6 VSC	 3-5:30 VSC	3-6 VSC	2-3 Access Aquatics	2:45-4:15 Kayak	2:30-4:30 Public Swim
3-5:30 VSC	(Closed to Public)	(Closed to Public)	(Closed to Public)	3-6 VSC	4:30-6:30 Public Swim	
(Closed to Public)				(Closed to Public)		
EVENING	EVENING	EVENING	EVENING	EVENING		
5:15-7:30 Swim Lessons	5:30-7 Lap Swim	5:15-7:30 Swim Lessons	5:30-7 **Lap Swim	6-7:30 Lap Swim	  <p>Non-swimmers and children under 7 years of age (with or without lifejacket) must be within arm's reach of a parent or responsible adult at all times.</p>	
7:35-8:30 Aqua Power Lap Swim	6:05-7 Super Fit (Deep) 7-8:30 *Splash Away	7:35-8:30 Aqua Power Lap Swim	6:05-7 Super Fit (Deep) 7-8:30 *Splash Away	6:05-7 Super Fit (Deep)		

Special Notes: Splash Away is a discounted public swim for our community friends.

www.vanclarkparks-rec.org

*Lap Swimmers: During Splash Away Swims, a dedicated lap lane will be available for lap swimming C-Tran's PASSport to Youth program participants receive a discount to all public swims. Programmed activities may require lap lanes to be switch.

**2nd Thursday of each month from 5:30-6:30pm a lap lane will be reserved for Lifeguard Testing.

Children 6 years of age and older MUST use the locker room of their own gender. If you witness children 6 years of age or older using the opposite gender locker room, please inform staff immediately.

Children ages 7-10 may attend a public swim on their own, as long as a parent or guardian is in the building.