



SOUTHEAST
730 FOREST HILL SE, GRAND RAPIDS, MI 49548 • 616.285.9077
POOL SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30		Lap Swim 5:30-8:45	Lap Swim 5:30-8:45	Lap Swim 5:30-8:45	Lap Swim 5:30-8:45	Lap Swim 5:30-8:45	Lap Swim 6:00-8:45
6:00							
6:30							
7:00		AOA Deep Currents 8:45-9:45	Aquatic Mobility 8:45-9:45	AOA Deep Currents 8:45-9:45	Aquatic Mobility 8:45-9:45	AOA Deep Currents 8:45-9:45	Swim Lessons 9:00-12:00
7:30							
8:00		Swim Lessons 9:45-11:15	Tidal Wave 9:30-10:30	Swim Lessons 9:45-11:15	Tidal Wave 9:30-10:30	Open Swim 9:45-11:15	<i>No Lap Lane</i> 9:00-11:00
8:30							
9:00							
9:30		Senior Swim 11:15-12:00 <i>No Lap Lane</i>	Lap Swim 11:15-1:00	Senior Swim 11:15-12:00 <i>No Lap Lane</i>	Lap Swim 11:15-1:00	Senior Swim 11:15-12:00 <i>No Lap Lane</i>	Log Rolling 11:00-12:00
10:00							
10:30		Lap Swim 12:00-1:00	Lap Swim 12:00-1:00	Lap Swim 12:00-1:00	Lap Swim 12:00-1:00	Lap Swim 12:00-1:00	Lap Swim 12:00-1:00
11:00							
11:30	Lap Swim 1:00-2:00	AOA Advanced 1:00-2:00	Swim Lessons 1:00-2:30	Swim Lessons 1:00-2:30	AOA Advanced 1:00-2:00	Open Swim 1:00-3:30	
12:00							
12:30	Open Swim 2:00-3:30	Open Swim 2:00-4:00	Open Swim 2:30-4:00	Open Swim 2:30-4:00	Open Swim 2:00-4:00	Open Swim 1:00-3:30	
1:00							
1:30	Open Swim 2:00-3:30	Open Swim 2:00-4:00	Open Swim 2:30-4:00	Open Swim 2:30-4:00	Open Swim 2:00-4:00	Open Swim 1:00-3:30	
2:00							
2:30	RAYS 4:00-6:00 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	
3:00							
3:30	Swim Lessons 6:00-7:30	Swim Lessons 6:00-7:30	Swim Lessons 6:00-7:30	Swim Lessons 6:00-7:30	Adult Lessons 6:00-7:30	RAYS 4:00-6:00 <i>No Lap Lane</i>	
4:00							
4:30	Deep Currents 6:30-7:30	Deep Currents 6:30-7:30	Deep Currents 6:30-7:30	Deep Currents 6:30-7:30	Deep Currents 6:30-7:30	RAYS 4:00-6:00 <i>No Lap Lane</i>	
5:00							
5:30	Master Swim 7:30-8:30 <i>No Lap Lane</i>	Open Swim and Adult Lessons 7:30-8:00	Open Swim 7:30-8:00	Open Swim 7:30-8:00	Master Swim 7:30-8:30 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	
6:00							
6:30	Master Swim 7:30-8:30 <i>No Lap Lane</i>	Open Swim and Adult Lessons 7:30-8:00	Open Swim 7:30-8:00	Open Swim 7:30-8:00	Master Swim 7:30-8:30 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	
7:00							
7:30	Master Swim 7:30-8:30 <i>No Lap Lane</i>	Open Swim and Adult Lessons 7:30-8:00	Open Swim 7:30-8:00	Open Swim 7:30-8:00	Master Swim 7:30-8:30 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	
8:00							
8:30	Master Swim 7:30-8:30 <i>No Lap Lane</i>	Open Swim and Adult Lessons 7:30-8:00	Open Swim 7:30-8:00	Open Swim 7:30-8:00	Master Swim 7:30-8:30 <i>No Lap Lane</i>	RAYS 4:00-6:00 <i>No Lap Lane</i>	

June 15-September, 2010