



Family Swim Times (SAC members only)

July 5-August 29, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
7-9am	7-9am	7-9am	7-9am	7-11am	1 - 5:30 pm
10-11am	10-11pm	10-11am	10-11pm		
12-2pm	12:30-2:30pm	12-1pm	1:30-5pm		
3:15-4:30pm					
5:30-9pm	8-9pm	8-9pm	8-9pm	4-9pm	

- A great way to have fun and exercise with your children!
- Parents and children may use the *large shallow lane* to play and swim.
- Please leave all other lap lanes open for Swim Lessons and Adult Swimming.
- Children are welcome to swim and play *ONLY* during Family Swim Times so as not to disrupt classes.
- Children ages 5 and older are not allowed in opposite sex locker rooms.
- Diapers are not allowed in the pool. Plastic pants or swim diapers should be worn and may be purchased at the Front Desk.