


Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit	AquaFit	Note
<b>Milliken Mills Pool</b>  June 15 - Sept. 6, 2010  	Mon.	6:30-8:00 a.m. 11:30-1:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-8:30 p.m.		8:15-9:00 a.m. (begins June 28th)	* Ladies only ** Rec Swim Begins June 30th <b>Older Adult AquaFit:</b> Older Adults (55 and older)
	Tue.	6:30-8:00 a.m. 12:30-2:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-2:00 p.m.	2:00-4:00 p.m.**	11:30-12:30 p.m.	7:30-8:15 p.m.	
	Wed.	6:30-8:00 a.m. 11:30-1:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-8:30 p.m.		8:15-9:00 a.m. (begins June 30th)	
	Thu.	6:30-8:00 a.m. 12:30-2:00 p.m. 8:30-10:00 p.m.	6:30-8:00 a.m. 11:30-2:00 p.m.	2:00-4:00 p.m.**	11:30-12:30 p.m.	7:30-8:15 p.m.*	
	Fri.	6:30-8:00 a.m. 11:30-1:00 p.m. 9:00-10:00 p.m.	6:30-8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:00-9:00 p.m.	<b>Holiday Hours:</b> Thur., Jul. 1, Mon., Aug. 2, & Sep. 6 Lane Swim: 1:00 - 2:00 p.m. Rec Swim: 2:00 - 4:00 p.m.		
	Sat.	7:30-9:00 a.m.	7:30-9:00 a.m.	1:00-4:00 p.m. 7:00 - 8:30 p.m.			
	Sun.	7:30 - 9:00 a.m. 7:00 - 8:30 p.m.	7:30-9:00 a.m. 7:00 - 8:30 p.m.	2:00-4:30 p.m.			