

FALL 2011

WESTERN POOL SCHEDULE

Tentative Schedule

8/23-12/15

WESTERN STATE COLLEGE OF COLORADO

as of 8/17

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
6:00 TO 7:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
7:00 TO 8:00		(2 LANES HSST)		(2 LANES HSST)		LAP SWIM	
8:00 TO 9:00	BEG. SWIM (9/15-12/2)	6 am to 9am	BEG. SWIM (9/15-12/2)	6am to 9am	BEG. SWIM (9/15-12/2)	7 TO 9	
9:00 TO 10:00	INT. SWIM (9/15-12-2)	LIFEGUARDING	INT. SWIM (9/15-12-2)	LIFEGUARDING	INT. SWIM (9/15-12-2)		
10:00 TO 11:00		9:30 TO 10:45		9:30 TO 10:45			
11:00 TO 12:00		LAP SWIM		LAP SWIM			
12:00 TO 1:00	LAP SWIM		LAP SWIM		LAP SWIM		
1:00 TO 2:00		Seinor Exercise		Senior Exercise			
2:00 TO 3:00	ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS		
3:00 TO 4:00	REHAB	REHAB	REHAB	REHAB	REHAB		
4:00 TO 5:00	WSC ATHLETIC TEAMS		WSC ATHLETIC TEAMS		KIDS \$1 SWIM		OPEN
5:00 TO 6:00	Adult Class 9/5-10/26	Kids Stroke 9/8-10/29	Adult Class 9 /5-10/26	Kids Stroke 9/8-10/29	(Staff & Fac Kids Free)		SWIM
6:00 TO 7:00	FITNESS WORKOUT /MASTERS	Water Aerobics?	FITNESS WORKOUT /MASTERS	Water Aerobics?	FITNESS WORKOUT /MASTERS 6:30 TO 8:00PM 9/5-12/9 Fri. depending On Participation		4-8pm
7:00 TO 8:00	6:30 TO 8:00PM 9/5-12/9		6:30 TO 8:00PM 9/5-12/9				
8:00 TO 9:00	OPEN	OPEN	OPEN	OPEN			
9:00 TO 10:00	SWIM	SWIM	SWIM	KAYAK			

Special Events: Please call our hot line at 943-7117 for Pool Closures and updates!!!

HSST Begins Nov. 10th

Limited Hours Nov. 23 -27 & Dec. 17th-Jan. 10th.

Programs:

Stroke Clinic for Kids 4yrs-14yrs (able to swim a length)