

| Aug16th to Aug 22nd 2010 HUDSON'S HOPE SWIMMING POOL 783-9913 | | | | | | | |
|---|--|---------------------------|--|-----------------------------|--|---------------------------|--------|
| | Mon16 | Tues 17 | Wed 18 | Thurs 19 | Fri 20 | Sat 21 | Sun 22 |
| 6:30 | Early Bird Swim 6:30 to 8:00 am | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | Aquafit 9:30-10:15/ Parent and tot 9:30-10 | Lap Swim 9:30 - 10:30 | Aquafit 9:30-10:15/ Parent and tot 9:30-10 | Lap Swim 9:30 - 10:30 | Aquafit 9:30-10:15/ Parent and tot 9:30-10 | | |
| 10:00 | Family Swim 10:30 - 12:00 | Senior Swim 10:30 - 12:00 | Family Swim 10:30 - 12:00 | Family Swim 10:30 - 12:00 | Family Swim 10:30 - 12:00 | Lap Swim 11:00 to 12:00 | |
| 11:00 | | | | | | | |
| 12:00 | Red Cross Swimming Lessons 12:00 - 2:00 | | | | | Public Swim 12:00 to 2:00 | |
| 1:00 | | | | | | | |
| 2:00 | | | | | | | |
| 3:00 | Public Swim 2:00 - 4:30 | | | | | Family Swim 2:00 to 4:00 | |
| 4:00 | | | | | | | |
| 5:00 | | | | | | | |
| 4:00 | Lap & Family 4:30 - 5:30 | Aquafit 4:45 - 5:30 | Lap & Family 4:30-5:30 | Aquafit 4:45- 5:30 | Aquafit 4:45-5:30 | Public Swim 4:00 to 6:00 | |
| 5:00 | Public Swim 5:30 to 7:00 | | | | | | |
| 6:00 | | | | | | | |
| 7:00 | Aquafit 7:00-7:45 | Adult 7:00-7:45 | Aquafit 7:00-7:45 | Advanced Swimming 7:15-7:45 | | Adult Swim 6:00 to 6:45 | |

| Aug 23rd - Aug 29th 2010 HUDSON'S HOPE SWIMMING POOL 783-9913 | | | | | | | |
|---|--|---------------------------|--|-----------------------------|--|---------------------------------|--------|
| | Mon 23 | Tue 24 | Wed 25 | Thu 26 | Fri 27 | Sat 28 | Sun 29 |
| 6:30 | Early Bird Swim 6:30 to 8:00 am | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | Aquafit 9:30-10:15/ Parent and tot 9:30-10 | Lap Swim 9:30 - 10:30 | Aquafit 9:30-10:15/ Parent and tot 9:30-10 | Lap Swim 9:30 - 10:00 | Aquafit 9:30-10:15/ Parent and tot 9:30-10 | FREE SWIM ALL WEEKEND!!! | |
| 10:00 | Family Swim 10:30-12:00 | Senior Swim 10:30 - 12:00 | Family Swim 10:30-12:00 | Family Swim 10:30-12:00 | Family Swim 10:30-12:00 | | |
| 11:00 | | | | | | Lap Swim 11:00 to 12:00 | |
| 12:00 | Red Cross Swimming Lessons 12:00 - 2:00 | | | | | Public Swim 12:00 to 2:00 | |
| 1:00 | | | | | | | |
| 3:00 | | | | | | | |
| 3:00 | Public Swim 2:00 - 4:30 | | | | | Family Swim 2:00 to 4:00 | |
| 4:00 | | | | | | | |
| 5:00 | | | | | | | |
| 4:00 | Lap & Family 4:30 - 5:30 | Aquafit 4:45 - 5:30 | Lap & Family 4:30-5:30 | Aquafit 4:45-5:30 | Aquafit 4:45 - 5:30 | Public Swim 4:00 to 6:00 | |
| 5:00 | Public Swim 5:30 to 7:00 | | | | | | |
| 6:00 | | | | | | | |
| 7:00 | Aquafit 7:00 - 7:45 | Adult 7:00 - 7:45 | Aquafit 7:00- 7:45 | Advanced Swimming 7:15-7:45 | Last Late Night Swim 8:00 to 10:00pm | Adult Swim 6:00 to 6:45 | |