

*Updated March 2, 2010 per RC Swim Team Changes

Competition Pool Schedule - March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	2 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	3 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	4 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	5* Lap Swim 6AM-9AM 11:30AM-1:00PM 6:00-8:30PM *RC SWIM MEET 3:30pm	6 Lap Swim 8AM-12PM
7 Lap Swim 8AM-12PM	8 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	9 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	10 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	11 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	12* Lap Swim 6AM-9AM 11:30AM-1:00PM 6:00-8:30PM *RC SWIM MEET 3:30pm	13 Lap Swim 8AM-12PM
14 Lap Swim 8AM-12PM	15 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	16 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	17 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	18 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	19 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	20 Lap Swim 8AM-12PM
21 Lap Swim 8AM-12PM	22 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	23 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	24 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	25* Lap Swim 6AM-9AM 11:30AM-1:00PM 6:00-8:30PM *RC SWIM MEET 4:00pm	26 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	27 Lap Swim 8AM-12PM
28 Lap Swim 8AM-12PM	29 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	30 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM	31 Lap Swim 6AM-9AM 11:30AM-1:00PM 5:30-8:30PM			

notes:

ALL SCHEDULES SUBJECT TO CHANGE. PLEASE CHECK THE CALENDAR DAILY! YOU MUST BE 13 AND OLDER TO LAP SWIM.

*RC SWIM BEGINS FEB. 10 - MAY 1 FROM 3:30 - 5:30PM. DOLPHIN PRACTICE BEGINS APRIL 3, 2010.

LOOKING FOR AN ORGANIZED SWIM WORKOUT WITH A COACH? SIGN UP FOR THE ADULT SWIM FITNESS LEAGUE!

Drop in Water Polo has changed! Monthly registration is now required. See the front desk for more information!

FOR MORE INFORMATION VISIT www.westsacfun.org!

Accepting Lifeguard Applications NOW. Not certified? Sign up for a class at the front desk!