

Competition Pool - July 2010



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

notes:

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

DOLPHIN PRACTICE ENDS JULY 16, 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!

LAP POOL WILL BE CLOSED FOR WINTER (NOVEMBER, DECEMBER, AND JANUARY).