

*Revised 8/17/10 - See August 16 - 30th



Competition Pool - August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Lap Swim 8AM - 5PM	2 Lap Swim 6AM - 8PM	3 Lap Swim 6AM - 9:15PM	4 Lap Swim 6AM - 8PM	5 Lap Swim 6AM - 9:15PM	6 Lap Swim 6AM - 8:30AM 12PM - 8PM	7 Lap Swim 8AM - 5PM
8 Lap Swim 8AM - 5PM	9 Lap Swim 6AM - 8PM	10 Lap Swim 6AM - 9:15PM	11 Lap Swim 6AM - 8PM	12 Lap Swim 6AM - 9:15PM	13 Lap Swim 6AM - 8:30AM 12PM - 8PM	14 Lap Swim 8AM - 5PM
15 Lap Swim 8AM - 5PM	*16 Pool Closed Pump Maintenance	*17 Pool Closed Pump Maintenance	*18 Pool Closed Pump Maintenance	*19 Pool Closed Pump Maintenance	20 Pool Closed Pump Maintenance Dive In Movie!	21 Pool Closed Pump Maintenance
22 Pool Closed Pump Maintenance	23 Pool Closed Pump Maintenance	24 Pool Closed Pump Maintenance	25 Pool Closed Pump Maintenance	26 Pool Closed Pump Maintenance	27 Pool Closed Pump Maintenance	28 Pool Closed Pump Maintenance
29 Pool Closed Pump Maintenance	30 Lap Swim 6AM-8:30AM 11:30AM - 1PM 6:30-8:30PM RC Water Polo Game	31 Lap Swim 6AM-8:30AM 11:30AM - 1PM 5:30-8:30PM				

notes:

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

RIVER CITY WATER POLO PRACTICE BEGINS AUGUST 9, 2010. LAP LANES ARE LIMITED IN THE EVENING (6 open) !

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

Interested in Water Polo? Register monthly for pick up games. 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).