

RAINBOW ROAD INDOOR POOL
 Fall/Winter Schedule
 Sept 25, 2011 - April 28, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird 6:30 - 8		Early Bird 6:30 - 8		Early Bird 6:30 - 8	C L O S E D	
Energizer 8 - 9		Energizer 8 - 9		Energizer 8 - 9		
Lessons & Lap 9 - 11		Lessons & Lap 9 - 11		Lessons & Lap 9 - 11		
	Parent & Pre 10 - 11		Parent & Pre 10 - 11			
Lap & Leisure 11 - 1	Lap & Leisure 11 - 1	Lap & Leisure 11 - 1	Lap & Leisure 11 - 1	Lap & Leisure 11 - 1		
Nooner 1 - 2	Lap & Lessons 1 - 2	Nooner 1 - 2	Lap & Lessons 1 - 2	Nooner 1 - 2		
Adult/Youth 2 - 3	Easy Does It 2 - 3	Adult/Youth 2 - 3	Easy Does It 2 - 3	Adult/Youth 2 - 3		
Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30	Everyone Welcome 3 - 6:30		
On-Deck Core 5-5:30		On-Deck Core 5-5:30		On-Deck Core 5-5:30		
Down & Deep/Everyone Welcome 5:30-6:30		Down & Deep/Everyone Welcome 5:30-6:30		Down & Deep/Everyone Welcome 5:30-6:30		
Evening Lap 6:30 - 8:00		Evening Lap 6:30 - 8:00		Friday Night Madness 6:30 - 8:00		Toonie Swim 1:30 - 5:30