

'12 Spring Schedule: Mondays

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Water Works 9:30 - 10:30am			StingRays 2:45 - 6:15pm StingRays are not in the pool the following Mondays: 5.28.12		
Cardio Water 11:30 - 12:30pm					
StingRays 6 - 7:15pm					
Bariatrics - CDH 7:30 - 8:15pm					

'12 Spring Schedule: Tuesdays

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Deep H ₂ O Running 9:30 - 10:30am			StingRays 2:45 - 6:30pm		
Water Works 12:00 - 1:00pm					

'12 Spring Schedule: Wednesdays

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Aqua Zumba 8:30 - 9:30am			StingRays 2:45 - 6:15pm		
Water Works 11:30 - 12:30pm					
Bariatrics - CDH 7:30 - 8:15pm					

**** THE LAP POOL WILL BE USED FOR ADULT LAP SWIMMING AND FOR WSC SPONSORED PROGRAMS ONLY. DEPENDANTS UNDER THE AGE OF 16 WILL BE ALLOWED TO LAP SWIM UNDER THE DIRECT SUPERVISION OF THEIR PARENTS OR GUARDIAN DURING THE FOLLOWING TIMES: MONDAY THRU FRIDAY 2-4:00 PM AND 8-9:45 PM, AND SATURDAY AND SUNDAY 2-6 PM ****



Schedule valid: March 12 - June 6 updated 5.3.12

'12 Spring Schedule: Thursdays

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Deep H ₂ O Running 9:30 - 10:30am					
Water Works 12:00 - 1:00pm					
StingRays 2:45 - 6:30pm					
Masters Swim 6:30 - 7:30pm					

'12 Spring Schedule: Fridays

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Water Works 8:30 - 9:30am					
Water Works 11:00am - 11:55am					
StingRays 3:30 - 6:30pm					

'12 Spring Schedule: Saturdays

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
StingRays 8:00 - 9:30am StingRays are not in the pool the following Saturdays: 5.26.12					
PreTeam 12:00-12:45pm					

'12 Spring Schedule: Sundays

Water Works 8:00 - 9:00am					
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To follow the StingRays training schedule more specifically and view their monthly calendars, please visit the WSC website

Schedule valid: March 12 - June 6 updated 4.23.12