

Eugene Club Main Pool Schedule



JULY-SEPTEMBER 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	Adult Swim		Adult Swim				
:30	Aqua-Fit 5:45-6:30 a.m.		Aqua-Fit 5:45-6:30 a.m.				
6am					Adult Swim 5-8:30 a.m.		
:30							
7am	Adult Swim 5-5:45 a.m. & 6:30-8:30 a.m.	Family Swim 5-9:15 a.m.	Adult Swim 5-5:45 a.m. & 6:30-8:30 a.m.	Family Swim 5-9:15 a.m.			
:30							
8am						Adult Swim 8-9:00 a.m.	Adult Swim 8-10:00 a.m.
:30	Aqua-Fit 8:30-9:20 a.m.		Aqua-Fit 8:30-9:20 a.m.		Aqua-Fit 8:30-9:20 a.m.		
9am		Aqua-Fit 9:15-10:05 a.m.		Aqua-Fit 9:15-10:05 a.m.		Aqua-Fit 9-9:50 a.m.	
:30							
10am						Family Swim & Swim Lessons 10 a.m.-noon	
:30							
11am	Family Swim & Swim Lessons 9:30 a.m.-2:00 p.m.	Family Swim & Swim Lessons 10:15 a.m.-2:00 p.m.	Family Swim & Swim Lessons 9:30 a.m.-2:00 p.m.	Family Swim & Swim Lessons 10:15 a.m.-2:00 p.m.	Family Swim 9:30 a.m.-2:00 p.m.		
:30						Supervised KidSwim 12-1 p.m.	Family Swim 10 a.m.-6:00 p.m.
Noon							
:30							
1pm							
:30							
2pm	Adult Swim 2-3 p.m.	Adult Swim 2-3 p.m.	Adult Swim 2-3 p.m.	Adult Swim 2-3 p.m.	Adult Swim 2-3 p.m.		
:30							
3pm	Family Swim & Swim Lessons 3-5:00 p.m.	Family Swim & Swim Lessons 3-5:30 p.m.	Family Swim & Swim Lessons 3-5:00 p.m.	Family Swim & Swim Lessons 3-5:30 p.m.		Family Swim 1-7:45 p.m.	
:30							Supervised KidSwim 4-6 p.m.
4pm					Family Swim 3-6 p.m.		
:30							
5pm	Aqua-Fit 5:10-6:00 p.m.		Aqua-Fit 5:10-6:00 p.m.				
:30		Aqua Volleyball 5:30-6:30 p.m.		Aqua Volleyball 5:30-6:30 p.m.			
6pm	Supervised KidSwim 6-7 p.m.	Masters 6:30-7:30 in lap pool	Supervised KidSwim 6-7 p.m.		Supervised KidSwim 6-7 p.m.		Family Swim Aqua Volleyball 6-7:45 p.m.
:30							
7pm							
:30							
8pm							
:30							
9pm	Family Swim 7-10:45 p.m.	Family Swim 6:30-10:45 p.m.	Family Swim 7-10:45 p.m.	Family Swim 6:30-10:45 p.m.	Family Swim 6-10:45 p.m.		
:30							
10pm							
:30							

Key
Family Swim
Aqua-Fit Water Aerobics Class
Supervised KidSwim
Adult Swim (age 18 & over)

Pool Notes

- No one may walk, sit or stand on the wall separating the two pools.
- Everyone must take a cleansing shower before entering any pool or spa.
- Children under age 14 may not use any pool or spa without a participating adult present.
- The lap pool is 25 yards long, 4'6" deep at the deepest point, and is reserved for serious swimmers, walkers and joggers at all times.
- Family Swim is a fun, participatory activity for the whole family. Parents are responsible for their children and must actively supervise them at all times.

KidSwim

KidSwim is a time when parents may leave their children under the supervision of a staff member. To participate, children must be at least 6 years old, 40 inches tall and able to swim the width of the main pool unassisted. Each child under the age of 14 must be checked in before participation and checked out when you pick them up.

Aquatic Fitness Classes

During Aqua-Fit classes the Main Pool is reserved for class participants only. Our classes have been carefully designed to promote total body fitness in a low impact, but challenging environment. Most class time is spent in the deep water using Aquajogger® floatation belts. All classes are easily adapted to suit all fitness levels. In general, level 1 is less intense, level 3 is most intense. Please tell the instructor if you would like pointers on how to adapt movements to increase or decrease the intensity of your workout

Aqua Volleyball is an unsupervised recreational activity. Group divides up for a vigorous and competitive game of volleyball in the deep end of the pool. Participants wear floatation belts, provided.

Masters Swim is a swimming lesson for adults in one lane of the lap pool.