

MARCH 2010 POOL Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 4pm-6pm Lessons 6pm-7pm Aquacise 7:15pm-9pm OPEN SWIM</p>	<p>2 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-4pm OPEN SWIM 4pm-7pm Lessons 7:15pm-9pm <u>Adult Lap Swim</u></p>	<p>3 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 1-2pm Fitwell (lane 1&2) 4pm-6pm Lessons 6pm-7pm Aqua Rock 7:15pm-9pm \$2 OPEN SWIM</p>	<p>4 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-9pm OPEN SWIM</p>	<p>5 6am-9am Lap Swim 9am-9pm OPEN SWIM</p>	<p>6 8am-11am Lap swim (0 depth-Lane 5 Reserved for Lessons) 12:15pm-7:30pm OPEN SWIM</p>
<p>7 9am-12pm Lap Swim 12pm-5:30pm OPEN SWIM</p>	<p>8 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 4pm-6pm Lessons 6pm-7pm Aquacise 7:15pm-9pm OPEN SWIM</p>	<p>9 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-4pm OPEN SWIM 4pm-7pm Lessons 7:15pm-9pm <u>Adult Lap Swim</u></p>	<p>10 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 1-2pm Fitwell (lane 1&2) 4pm-6pm Lessons 6pm-7pm Aqua Rock 7:15pm-9pm \$2 OPEN SWIM</p>	<p>11 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-9pm OPEN SWIM</p>	<p>12 6am-9am Lap Swim 9am-9pm OPEN SWIM</p>	<p>13 8am-11am Lap swim (0 depth-Lane 5 Reserved for Lessons) 12:15pm-7:30pm OPEN SWIM</p>
<p>14 9am-12pm Lap Swim 12pm-5:30pm OPEN SWIM</p>	<p>15 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 4pm-6pm Lessons 6pm-7pm Adult Aqua 7:15pm-9pm OPEN SWIM</p>	<p>16 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-4pm OPEN SWIM 4pm-7pm Lessons 7:15pm-9pm <u>Adult Lap Swim</u></p>	<p>17 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 1-2pm Fitwell (lane 1&2) 4pm-6pm Lessons 6pm-7pm Aqua Rock 7:15pm-9pm \$2 OPEN SWIM</p>	<p>18 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-9pm OPEN SWIM</p>	<p>19 6am-9am Lap Swim 9am-9pm OPEN SWIM</p>	<p>20 8am-11am Lap swim (0 depth-Lane 5 Reserved for Lessons) 12:15pm-7:30pm OPEN SWIM</p>
<p>21 9am-12pm Lap Swim 12pm-5:30pm OPEN SWIM</p>	<p>22 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 4pm-6pm Lessons 6pm-7pm Adult Aqua 7:15pm-9pm OPEN SWIM</p>	<p>23 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-4pm OPEN SWIM 4pm-7pm Lessons 7:15pm-9pm <u>Adult Lap Swim</u></p>	<p>24 6am-9am Lap Swim 9am-3:45pm OPEN SWIM 1-2pm Fitwell (lane 1&2) 4pm-6pm Lessons 6pm-7pm Aqua Rock 7:15pm-9pm \$2 OPEN SWIM</p>	<p>25 6am-9:15am Lap Swim 9:30am-11:45am SENIOR AQUA 12pm-9pm OPEN SWIM</p>	<p>26 6am-9am Lap Swim 9am-4pm OPEN SWIM 4:30pm-6:30pm Easter Party 7pm-9pm OPEN SWIM</p>	<p>27 8am-11am Lap swim (0 depth-Lane 5 Reserved for Lessons) 12:15pm-7:30pm OPEN SWIM</p>
<p>28 9am-12pm Lap Swim 12pm-5:30pm OPEN SWIM</p>	<p>29 6am-9am Lap Swim 9am-9pm OPEN SWIM</p>	<p>30 6am-9am Lap Swim 9am-7pm OPEN SWIM 7pm-9pm ADULT Lap Swim</p>	<p>31 6am-9am Lap Swim 9am-5pm OPEN SWIM 1-2pm Fitwell (lane 1&2) **5pm-7pm Lap Swim** 7:15pm-9pm \$2 OPEN SWIM</p>	<p>FRCC 1 Maguire Street Flat Rock, MI #734/379-1450</p>	<p>Aquatics Manager Kathy Cesta 734/379-1450 ext 207</p>	