

# September 2010 POOL Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Kathy Cesta</b> <b>Aquatics Manager</b> <b>734-379-1450</b> <b>ext 207</b> <b>kathyc@flatrock</b> <b>rec.org</b>		<b>1</b> 6a-8:45a Fitness and lap swim 9a-1p lessons 1p-5:45p open swim (Fitwell lanes 1 & 2) 6-7p Aqua Rock 7:15-8:45p \$2 open Swim	<b>2</b> 6a-8:45a Fitness and lap swim 9a-9:45a lessons 10a--8:45p Open Swim	<b>3</b> 6a-9:45a Fitness & lap Swim  10a-8:45p Open Swim	<b>4</b> 8am-9:45am Fitness & lap swim 10am-6:30p Open Swim
<b>5</b> Holiday  Closed	<b>6</b> Holiday  Closed	<b>7</b> Winter Hours Begin  6a-9:45a Fitness & lap Swim  10a-9p Open Swim	<b>8</b> 6a-9:45a Fitness & lap Swim  10a-7p Open Swim (Fitwell lanes 1 & 2) 7:15-8:45p \$2 open Swim	<b>9</b> 6a-9:45a Fitness & lap Swim  10a-9p Open Swim	<b>10</b> 6a-9:45a Fitness & lap Swim  10a-9p Open Swim	<b>11</b> 8a-9:45a Fitness & lap swim 10am-7:30p Open Swim
<b>12</b> 9a-11a Fitness & lap Swim 11a-5:30p Open Swim	<b>13</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-4p Open Swim 4:15p-6p Lessons 6:15p-7:15p Aquacise 7:30p-9p Adult Swim	<b>14</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-12:15a Arthritis Plus 12:30p-4pm Open Swim 4:15p-6p Lessons 6:15p-9p Open Swim	<b>15</b> 6a-9:45a Fitness and lap swim 10a-5p Open Swim (Fitwell lanes 1 & 2) 5:15p-6p Lessons 6:15p-7:15p Aquacise 7:30p-9p \$2 OPEN Swim	<b>16</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-12:15a Arthritis Plus 12:30p-9p Open Swim	<b>17</b> 6a-9:45a Fitness and lap Swim 1 0a-9p Open Swim	<b>18</b> 8a-8:45a Fitness and lap swim 9a-1:15p Lessons 1:30p-7:30p Open Swim
<b>19</b> 9a-11a Fitness & lap Swim 11a-5:30p Open Swim	<b>20</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-4p Open Swim 4:15p-6p Lessons 6:15p-7:15p Aquacise 7:30p-9p Adult Swim	<b>21</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-12:15a Arthritis Plus 12:30p-4pm Open Swim 4:15p-6p Lessons 6:15p-9p Open Swim	<b>15</b> 6a-9:45a Fitness and lap swim 10a-5p Open Swim (Fitwell lanes 1 & 2) 5:15p-6p Lessons 6:15p-7:15p Aquacise 7:30p-9p \$2 OPEN Swim	<b>23</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-12:15a Arthritis Plus 12:30p-9p Open Swim	<b>24</b> 6a-9:45a Fitness and lap swim  10a-9p Open Swim	<b>25</b> 8a-8:45a Fitness and lap swim 9am-1:15p Lessons 1:30p-7:30p Open Swim
<b>26</b> 9a-11a Fitness & lap Swim 11a-5:30p Open Swim	<b>27</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-4p Open Swim 4:15p-6p Lessons 6:15p-7:15p Aquacise 7:30p-9p Adult Swim	<b>28</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-12:15a Arthritis Plus 12:30p-4pm Open Swim 4:15p-6p Lessons 6:15p-9p Open Swim	<b>15</b> 6a-9:45a Fitness and lap swim 10a-5p Open Swim (Fitwell lanes 1 & 2) 5:15p-6p Lessons 6:15p-7:15p Aquacise 7:30p-9p \$2 OPEN Swim	<b>30</b> 6a-9:45a Fitness and lap swim 10a-11a Senior Aqua 11:15a-12:15a Arthritis Plus 12:30p-9p Open Swim	<b>***Fitwell every</b> <b>Wednesday</b> <b>Lanes 1 &amp; 2</b> <b>1pm -2pm****</b>	