



Summer Pool Schedule

Effective: 05/24/2010 - 08/27/2010

Pool Hours

Monday - Thursday ~ 5:30 AM - 8:30 PM

Friday ~ 5:30 AM - 5:30 PM *

Saturday ~ 7:30 AM - 3:30 PM

Sunday ~ 1:00 PM ~ 4:30 PM

(*the pool will close at 8:00 PM on the first Friday of each month.)

Recreational Swimming Schedule

Open/Free swim schedule:

Monday - 12-3 PM and 3-7 PM

Tuesday - 12-3 PM and 3-8:30 PM

Wednesday - 12-3 PM and 3-8:30 PM

Thursday - 12-3 PM and 3-7 PM

Friday - 12-3 PM and 3-8:30 PM

Saturday and Sunday - All Day

*Included with POOL ONLY memberships

Remember the pool is available to rent for your private party.

Visit our *website* www.armfieldcenter.com for more details or call Leah Tunstall at 368-2012.

Lap Swimming Schedule

Monday - Friday

5:30-7:15 AM (2 lanes)

7:15-8:00 AM (1 lane)

10:15-12:00 PM (3 lanes)

12:00-3:00 PM (1 lane)

3:00-5:30 PM (3 lanes)

6:30-8:30 PM (3 lanes)

Saturday and Sunday

All Day (3 lanes)

*Included with POOL ONLY memberships

Don't forget about

Friday Night Family Swim!!

The 1st Friday of each month from 5:30 - 8:00 PM

MAY 7

July 2

June 4

August 6

*Included with POOL ONLY memberships

Water Aerobics Classes

Mon. & Wed. ~ Water Yoga / Traditional aerobics: 9:00-10:00 AM

Friday ~ Traditional Aerobics: 9:00-10:00 AM

Mon. - Wed - Fri. ~ Rise N Shine: 6:00-7:00 AM

Monday ~ Aqua Kickboxing - 7:00 - 8:00 PM

Thursday - Mixed Martial Arts ~ 7:00 - 8:00 PM