

POOL SCHEDULE

Beginning January 1st, 2012

MON	TUE	WED	THUR	FRI	SAT
6:00-8:00 MEMBER LAP	6:00-7:30 MEMBER LAP	6:00-8:00 MEMBER LAP	6:00-8:00 MEMBER LAP	6:00-8:00 MEMBER LAP	
8:00-8:30 CLOSED	7:45-8:30 AQUA JOGGING	8:00-8:30 CLOSED	8:00-8:30 CLOSED	8:00-8:30 CLOSED	
8:45-9:30 EARLY BIRD AEROBICS	8:45-9:30 EARLY BIRD AEROBICS	8:45-9:30 EARLY BIRD AEROBICS	8:45-9:30 EARLY BIRD AEROBICS	8:45-9:45 AQUA JOG	8:30-10:00 ADULT LAP
9:30-10:00 ADULT SWIM	9:30-10:00 ADULT SWIM	9:30-10:00 ADULT SWIM	9:30-10:00 ADULT SWIM	9:45-10:00 ADULT SWIM	10:00-10:15 ADULT SWIM
10:00-11:00 SENIOR WATER AER- OBICS	10:15-11:00 WATER AEROBICS	10:00-11:00 SENIOR WATER AEROBICS	10:15-11:00 WATER AER- OBICS	10:00-11:00 SENIOR WATER AEROBICS	10:15-11:15 WATER AEROBICS
11:00-2:00* ADULT SWIM	11:00-2:00* ADULT SWIM	11:00-2:00* ADULT SWIM	11:00-2:00* ADULT SWIM	11:00-2:00* ADULT SWIM	11:15-11:30 ADULT SWIM
2:00-3:00 RESERVED	2:00-3:00 RESERVED	2:00-3:00 RESERVED	2:00-3:00 RESERVED	2:00-3:00 RESERVED	11:30-12:00 Parent TOT Swim Class
* 3:00-4:15 SWIM LESSONS	* 3:00-4:15 SWIM LESSONS	* 3:00-4:15 SWIM LESSONS	* 3:00-4:15 SWIM LESSONS	* 3:00-4:15 SWIM LESSONS	12:00-1:00 ADULT SWIM
4:15-5:00 OPEN SWIM	4:15-5:00 OPEN SWIM	4:15-5:00 OPEN SWIM	4:15-5:00 OPEN SWIM	4:15-5:00 OPEN SWIM	1:00-4:00 OPEN SWIM
5:00-6:00 ADULT LAP	5:00-6:30 ADULT LAP	5:00-6:00 ADULT LAP	5:00-6:30 ADULT LAP	5:00-6:00 RESERVED	4:00-4:45 ADULT LAP
6:00-6:15 ADULT SWIM	6:30-8:00 OPEN SWIM	6:00-6:15 ADULT SWIM	6:30-8:00 OPEN SWIM	6:00-6:30 ADULT SWIM	5:00 <i>BLDG CLOS- ES</i>
6:15-7:15 AQUA JOG	8:00-8:45 ADULT SWIM	6:15-7:15 AQUA JOG		6:30-8:00 OPEN SWIM	
7:30-8:30 WATER AEROBICS		7:30-8:30 WATER AEROBICS			
8:30-8:45 ADULT SWIM		8:30-8:45 ADULT SWIM	8:00-8:45 ADULT SWIM	8:00-8:45 ADULT SWIM	



Note: Lap swim (11 AM to 2:00 PM) allowed in the two lanes which are farthest from the locker rooms. Please be prepared to wait and/or limit your swim time during busy times.

(40 minutes)

ADULT LAP

AGE 15 YRS & UP CONTINUOUS LAP SWIM ONLY

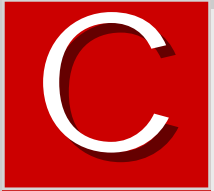
MEMBER LAP

AVAILABLE FOR PAID IN FULL MEMBERS 15 YRS. & UP.

OPEN SWIM

For all ages. Children under 7 must be accompanied by an adult age 19 or up.

* When swim lessons are not scheduled the pool opens at 3pm for Open Swim. Please call with any questions.



COHOES COMMUNITY CENTER

January 2012

Pool Schedule Change

Attention Cohoes Community Center Members

Effective **January 1st, 2012** there is a change in the POOL SCHEDULE.

On **Saturday's** Adult Swim will be
11:00am-11:15am & again
12:00pm-1:00pm.

On **Saturday's** Open Swim will be
1:00pm-4:00pm.

Thank you for your patience and
continued support!

22-40 Remsen St.
Cohoes NY, 12199