



PROVIDENCE RECENTER

Lap Lane Schedule

WINTER 2012

Saturday

The chart below will indicate Pool lane availability. Color areas will indicate group lesson and swim team rental meaning area is closed to public to used. Other areas of pool not color indicates area is open for public swim.

Schedule is subject to change

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed													
6:30		Pool Closed													
7:00		Pool Closed													
7:30		Pool Closed													
8:00	Swim Lessons only 8a-1p	Aerobic Exercise 8a-10a				FCPA Master 8a-9a									
8:30															
9:00						Lap swim Only 9a-1p								Swim Lessons 9a-12:45p	
9:30															
10:00		Swim Lessons only 10a-1p													
10:30															
11:00															
11:30															
NOON															
12:30															
1:00		Pizzano Group 1p-2p								Diving Class 1p-2:30p					
1:30															
2:00															
2:30										Diving Boards 2:30p-4p					
3:00															
3:30															
4:00															
4:30															
5:00															
5:30															
6:00															
6:30															
7:00		Pool Closed													
7:30		Pool Closed													
8:00		Pool Closed													
8:30		Pool Closed													
9:00		Pool Closed													



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Lap Lane Schedule

WINTER 2012

Sunday

The chart below will indicate Pool lane availability. Color areas will indicate group lesson and swim team rental meaning area is closed to public to used. Other areas of pool not color indicates area is open for public swim.

Schedule is subject to change

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End	
		0.5	1	8	7	6	5	4	3	2	1	1	0.5
6:00	Pool Closed												
6:30													
7:00													
7:30													
8:00													
8:30													
9:00	Swim Lessons 9a-1p	Swim Lessons 9a-10a				Open For Lap Swim Only 9a-1p				Deep Water Exercise 9a-10a			
9:30		Aerobic Exercise 10a-11a								Swim Lessons 10a-1p			
10:00		Swim Lessons 11a-1p											
10:30													
11:00													
11:30													
NOON													
12:30													
1:00													
1:30													
2:00													
2:30													
3:00													
3:30													
4:00													
4:30													
5:00													
5:30													
6:00	NVSL Swim Teams, Closed to Public												
6:30													
7:00													
7:30													
8:00													
8:30													
9:00													



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WINTER 2012

Monday

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Schedule is subject to change**

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												
6:30														
7:00														
7:30		Aerobic Exercise 7:30a-8:30a												
8:00		Aerobic Exercise 7:30a-8:30a												
8:30											Deep Water Exercise 8:30a-9:30a			
9:00											Deep Water Exercise 8:30a-9:30a			
9:30		Dancersice 9:30a-10:30a												
10:00		Dancersice 9:30a-10:30a												
10:30	Swim lessons 10a-12:30p	Aerobic Exercise 10:30a-11:30a												
11:00		Aerobic Exercise 10:30a-11:30a												
11:30		Arthritis Exercise 11:30a-12:30p												
NOON		Arthritis Exercise 11:30a-12:30p												
12:30											Deep Water Arthritis 12:30p-1:30p			
1:00											Deep Water Arthritis 12:30p-1:30p			
1:30	Swim Lesson 1p-3:30p	Hydro Pilates 1:30p-2:30p												
2:00		Hydro Pilates 1:30p-2:30p												
2:30		Swim Lessons 2:30p-3:30p												
3:00		Swim Lessons 2:30p-3:30p												
3:30														
4:00														
4:30														
5:00														
5:30														
6:00	Swim Lessons 6p-8:45p	Aerobic Exercise 6p-8p												
6:30		Aerobic Exercise 6p-8p												
7:00		Aerobic Exercise 6p-8p												
7:30		Aerobic Exercise 6p-8p												
8:00		Swim Lessons 8p-8:45p						York Swim Club 8p-9p						
8:30		Swim Lessons 8p-8:45p						York Swim Club 8p-9p						
9:00		Pool Closed												



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WINTER 2012

Tuesday

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Schedule is subject to change

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												
6:30														
7:00														
7:30														
8:00														
8:30		Aerobic & Arthristis Exercise 8:30a-12:30p												
9:00	Swim Lessons 9a-12p													
9:30														
10:00														
10:30														
11:00														
11:30														
NOON		Swim Lessons 9:30a-12:30p												
12:30														
1:00														
1:30														
2:00	Swim Lessons 1p-3:30p													
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30	Swim Lessons 5:30p-8:30p													
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
8:30														
9:00		Pool Closed												



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WINTER 2012

Wednesday

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Schedule is subject to change

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00		Pool Closed												
6:30														
7:00														
7:30		Aerobic Exercise 7:30a-8:30a												
8:00														
8:30											Deep Water Exercise 8:30a-9:30a			
9:00														
9:30		Dancersice 9:30a-10:30a												
10:00	Lesson													
10:30		Aerobic Exercise 10:30a-11:30a												
11:00														
11:30		Arthritis Exercise 11:30a-12:30p												
NOON														
12:30											Deep Water Arthritis 12:30p-1:30p			
1:00														
1:30	Swim Lessons 1p-3:30p	Hydro Pilates 1:30p-2:30p												
2:00														
2:30		Swim Lessons 2:30p-3:30p												
3:00														
3:30														
4:00														
4:30														
5:00														
5:30														
6:00	Swim Lessons 6p-8:45p	Aerobic Exercise 6p-8p												
6:30						Para Olympics 6:30p-7:30p								
7:00														
7:30														
8:00		Swim Lessons 8p-8:45p									York Swim Club 8p-9p			
8:30														
9:00		Pool Closed												



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WINTER 2012

Thursday

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Schedule is subject to change

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End		
		0.5	1	8	7	6	5	4	3	2	1	1	0.5	
6:00	Pool Closed													
6:30														
7:00														
7:30														
8:00														
8:30		Aerobic & Arthristis Exercise 8:30a-12:30p												
9:00														
9:30														
10:00														
10:30	Swim Lessons 10a-12:30p													
11:00														
11:30		Swim Lessons 9:30a-12:30p												
NOON														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30														
6:00														
6:30														
7:00	Swim Lessons 5:30p-8:30p													
7:30														
8:00														
8:30						8p-9p								
9:00	Pool Closed													



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Friday

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Schedule is subject to change

Time	Beach/ Ramp	Shallow end		Lap Lanes								Deep End			
		0.5	1	8	7	6	5	4	3	2	1	1	0.5		
6:00		Pool Closed													
6:30															
7:00															
7:30		Aerobic Exercise 7:30a-8:30a													
8:00		Aerobic Exercise 7:30a-8:30a													
8:30											Deep Water Exercise 8:30a-9:30a				
9:00															
9:30	Lesson	Dancersice 9:30a-10:30a													
10:00		Dancersice 9:30a-10:30a													
10:30		Aerobic Exercise 10:30a-11:30a													
11:00	Lesson	Aerobic Exercise 10:30a-11:30a													
11:30		Arthritis Exercise 11:30a-12:30p													
NOON		Arthritis Exercise 11:30a-12:30p													
12:30		Aqua Dancercise 12:30p-1:30p													
1:00		Aqua Dancercise 12:30p-1:30p													
1:30											Advance Aqua Exercise 1:30p-2:30p				
2:00	Lesson														
2:30															
3:00															
3:30															
4:00	Lessons										Curl-Burke Swim Club 4p-5:30p				
4:30											Curl-Burke Swim Club 4p-5:30p				
5:00												Curl-Burke Swim Club 4p-5:30p			
5:30												Curl-Burke Swim Club 4p-5:30p			
6:00		Aqua Fiesta 6p-7p													
6:30		Aqua Fiesta 6p-7p						Lessons							
7:00							Lessons					Hydro Pilates 7p-8p			
7:30							Lessons					Hydro Pilates 7p-8p			
8:00							Lessons								
8:30							Lessons								
9:00		Pool Closed													