



Lap Lane Usage Schedule Mechanicsville March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:30-8:30 pm Finning/Sue	2 4:30pm Fitness Swim/Jim	3 Swim Club 430-6:30pm/ Stephanie 7:30- 8:30 pm 30/30 Deep H2O /Finning/Sue	4 11:00am 45 min Deep H20/Julie 4:30 ½ hr Fin/Julie 5:00 30 mins. Deep H20/ <SO>/Julie 5:30pm Fitness Swim/Jim	5 8:00am/Fitness/ Swim/Jim 7:30pm ½ hr. Finning/Sue	6 1:00pm 90 mins <AE> Incl. Deep Water/ Julie
7 1:30pm 90 Min. Splash out/ including Finning Sue	8 Swim Club 430-6:30pm/ Stephanie 7:30-8:30 pm Finning/Sue	9 4:30pm Fitness Swim/Jim	10 Swim Club 430-6:30pm/ Stephanie 7:30- 8:30 pm 30/30 Deep H2O /Finning/Sue	11 11:00am 45 min Deep H20/Julie 4:30 ½ hr Fin/Julie 5:00 30 mins Deep H20/ <SO>/Julie 5:30pm Fitness Swim/Jim	12 8:00am/Fitness/ Swim/Jim 7:30pm ½ hr. Finning/Sue	13
14	15 Swim Club 430-6:30pm/ Stephanie 7:30-8:30 pm Finning/Sue	16 4:30pm Fitness Swim/Jim	17 11:30 ½ hr. Finning\ Shirely Swim Club 430-6:30pm/ Stephanie 7:30- 8:30 pm 30/30 Deep H2O /Finning/Sue	18 11:00am 45 min Deep H20/Julie 4:30 ½ hr Fin/Julie 5:00 30 mins Deep H20/ <SO>/Julie 5:30pm Fitness Swim/Jim	19 8:00am/Fitness/ Swim/Jim 7:30pm ½ hr. Finning/Sue	20
21 1:30pm 90 mins <AE> Incl. Deep Water/ Connie	22 Swim Club 430-6:30pm/ Stephanie 7:30-8:30 pm Finning/Sue	23 4:30pm Fitness Swim/Jim	24 Swim Club 430-6:30pm/ Stephanie 7:30- 8:30 pm 30/30 Deep H2O /Finning/Sue	25 11:00am 45 min Deep H20/Julie 4:30 ½ hr Fin/Julie 5:00 30 mins Deep H20/ <SO>/Julie 5:30pm Fitness Swim/Jim	26 8:00am/Fitness/ Swim/Jim 7:30pm ½ hr. Finning/Sue	27
28 1:30pm 90 mins <AE> Incl. Deep Water/ Julie	29 Swim Club 430-6:30pm/ Stephanie 7:30-8:30 pm Finning/Sue	30	31 Swim Club 430-6:30pm/ Stephanie 7:30- 8:30 pm 30/30 Deep H2O /Finning/Sue			

In an effort to assist our members, we have developed this schedule to indicate when lap lanes are reserved for classes. We will ALWAYS have one lap lane available during these times.

This schedule is accessible on our website.



Keep the soap and oil out of our pools, please shower!



American Family Fitness– Fit as you want to be!