

# May 2012 BEYOND FITNESS / FIT ONE AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30am	Exercise Time ♣ 4:30-8:30	Exercise Time ♣ 4:30-10:00	Exercise Time ♣ 4:30-8:30	Exercise Time ♣ 4:30-10:00	Exercise Time ♣ 4:30-8:30	
7:00am						Exercise Time ♣ 7:00-10:00
8:30am	Strong Currents ♣ Roxy		Strong Currents ♣ Roxy		Strong Currents ♣ Roxy	
9:30am	Adult Quiet Time ♣ 9:30-10:00		Adult Quiet Time ♣ 9:30-10:00		Adult Quiet Time ♣ 9:30-10:00	
10:00am	Super Splash ♣ Jamie	Easy Does It ♣ Dtim	Super Splash ♣ Jamie	Easy Does It ♣ Dtim	Super Splash ♣ Jamie	Easy Does It ♣ Pat Swimming with Shelley(SKY)
11:00am	Friendly Wave ♣ Roxy	Adult Quiet Time ♣ 11:00-2:00	Friendly Wave ♣ Roxy	Adult Quiet Time ♣ 11:00-2:00	Friendly Wave ♣ Roxy	Adult Swim ♣ 11:00-1:00
12:00pm	Aqua Notes ♣ Roxy		Aqua Notes ♣ Roxy		Aqua Notes ♣ Roxy	
1:00pm	Adult Quiet Time ♣ 1:00-2:00		Adult Quiet Time ♣ 1:00-2:00		Adult Quiet Time ♣ 1:00-2:00	Free Swim ♣ 1:00-7:45
2:00pm	Adult Swim ♣ 2:00-3:00	Adult Swim ♣ 2:00-3:00	Adult Swim ♣ 2:00-3:00	Adult Swim ♣ 2:00-3:00	Adult Swim ♣ 2:00-3:00	
3:00pm	Free Swim ♣ 3:00-5:30	Free Swim ♣ 3:00-Closing	Free Swim ♣ 3:00-5:30	Free Swim ♣ 3:00-closing	Free Swim ♣ 3:00-6:30	
5:00pm	Splash Splash ♣ 5:30pm-6:30pm (kids) Staff		Splash Splash ♣ 5:30pm-6:30pm (kids) Staff			
6:30pm	Aqua Power ♣ Pat		Aqua Power ♣ Pat		Aqua Power ♣ Pat	
7:30pm	Free Swim ♣ 7:30-closing		Free Swim ♣ 7:30-closing		Free Swim ♣ 7:30-closing	

FIT ONE OUTDOOR  
POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 am	Adults Only Lap Swim R. P. All Day	Adults Only Lap Swim R. P. All Day	Adults Only Lap Swim R. P. All Day	Adults Only Lap Swim R. P. All Day	Adults Only Lap Swim R. P. All Day	Adults Only Lap Swim R. P. 7:00am-1:00 pm
10:00 am	Water Walking lanes 3&4 10am-12pm		Water Walking lanes 3&4 10am-12pm		Water Walking lanes 3&4 10am-12pm	
1:00pm	CCCS P.E. Class 12:45pm- 2:00pm	CCCS P.E. Class 12:45pm- 2:00pm	CCCS P.E. Class 12:45pm- 2:00pm	CCCS P.E. Class 12:45pm- 2:00pm		Open Swim 1:00 -5:00
5:00 pm						Lap Swim Only R. P. 5:00pm- 7:30pm

SKY= Skyway Location / R.P. = reservation priority ♣= indoor pool at Pentz Rd./ ⚙= outdoor aqua pool at Skyway  
Schedules valid May 7<sup>th</sup> thru June 3<sup>rd</sup> \*\*subject to change\*\*

7224 Skyway, Paradise (530) 877-7500 Club Hours: M – F 4:30am – 10pm Sat/Sun 7am – 7pm  
6854 Pentz Rd, Paradise (530) 872-2232 Club Hours: M – F 4:30am – 10pm Sat 7am – 8pm Sun Closed