

## HOLIDAY SCHEDULE CHANGES

Here is some important information about the POOL SCHEDULE for you to keep in mind as we approach the holiday. Listed below are the changes in the pool schedule.

### Early Morning Lap Swim

December 29<sup>th</sup>- January 2<sup>nd</sup>, 2009

5:30-8:30am

**\*Note Time Change\***

### The Stauffer Shallows

December 22<sup>nd</sup> after 5:30pm- January 2<sup>nd</sup>, 2009

Removed due to Long Course

### No Swim Fitness Classes

December 22<sup>nd</sup> – January 2<sup>nd</sup>, 2009

### Recreational Swims

Brophy Pool and Stauffer Pool

Monday Dec 22<sup>nd</sup> 2:00-5:00pm

Tuesday Dec 23<sup>rd</sup> 2:00-5:00pm

Friday Dec 26<sup>th</sup> 2:00-5:00pm

Monday Dec 29<sup>th</sup> 2:00-5:00pm

Tuesday Dec 30<sup>th</sup> 2:00-5:00pm

Friday Jan 2<sup>nd</sup> 2:00-5:00pm

### Aqua Fitness Holiday Class Schedule

December 22-January 4

6:45AM Mon-Wed (12/22-24) AND Mon-Wed (12/29-31) AND Fri 1/2

9AM Mon 12/22, Tues 12/23, Mon 12/29 AND Fri 1/2

6:15PM on Mon 12/29, Fri 12/26, Fri 1/2

There is NO Class on New Year's Day Thursday, January 1

Sharing two lanes of Stauffer Pool

### December 24<sup>th</sup> and December 31<sup>st</sup>

The Pools will close 11:30 AM

Westport Weston Family Y closes at Noon

### December 25<sup>th</sup>

CLOSED

### January 1, 2009

10:00am – 12:00pm Adult Lap Swim

12:00noon – 2:00pm All Ages Recreational Swim

### LONG COURSE SWIMMING

The Stauffer Pool will be set for "long course" swimming

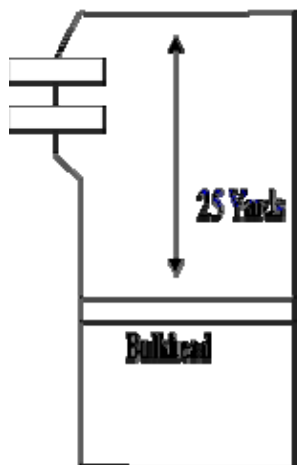
December 22<sup>nd</sup> after 5:30pm-January 2<sup>nd</sup>, 2009

If you are accustomed to walking or stretching in the shallow end

You may continue to do so in lanes one or six.

The pool will be returned to a "short course" configuration on January 3<sup>rd</sup>, 2009.

"Short Course"



1 Lap = 37 Yards

48 Laps = 1 Mile

"Long Course"

