

This Week at the Pinedale Aquatic Center (PAC)

	AQUATIC	DRY-LAND
MONDAY 3/16/09	<p>Senior Citizens FREE all morning! Toddler Swim 9-11:30 <u>LAP SWIM:</u> 5:30am-1:00/3:30-7:00pm <u>WATER WALKING:</u> 5:30-1pm/5:30-6:30pm Deep Water Exercise: 6:15-7:15am Wave Creations: 6-6:45pm <u>REC SWIM:</u> 3:30-5:30/6:45-8:30pm</p>	<p>Circuit Training: 8:30-9:30am Dry Tai Chi: 9-9:30am; Wet Tai Chi: 9:30-10:15 YOGA: 12-1:00 Karate: 3:30-5:00pm BASKETBALL semi-finals: 7:00-9:00 pm Open Climbing – 3:30 – 6:30pm</p>
TUESDAY 3/17/09	<p>Toddler Swim 10-11:30** due to Elem. Swim <u>LAP SWIM:</u> 5:30am-1:00/3:30-7:00pm <u>WATER WALKING:</u> 5:30-1pm/5:30-6:30pm Shallow Water Exercise: 6:15-7:15am Aquaerobics: 8:30-9:30am Jolly Joints: 10:00-10:30am Aquatic Conditioning: 12-1:00 <u>REC SWIM:</u> 3:30-5:30/6:45-8:30pm</p>	<p>Karate: 3:30-5:00/5:00-7:30pm TUESDAY NIGHT SUMMIT— Adults Only @ the Climbing Wall 5:30-9:00pm Open Climbing – 3:30 – 5:30pm</p>
WEDNESDAY 3/18/09	<p>Senior Citizens FREE all morning! Toddler Swim 9-11:30 <u>LAP SWIM:</u> 5:30am-1:00/3:30-7:00pm <u>WATER WALKING:</u> 5:30-1pm/5:30-6:30pm Deep Water Exercise: 6:15-7:15am Wave Creations: 6-6:45pm <u>REC SWIM:</u> 3:30-5:30/6:45-8:30pm(Lap Pool too!)</p>	<p>Circuit Training: 8:30-9:30am Dry Tai Chi: 9-9:30am; Wet Tai Chi: 9:30-10:15 Toddler Time in the Gym: 11:00-12:00 Gymnastics: 2:30-5:30pm Karate: 3:30-5:00pm Kardio Kickboxing: 5:15-6:00pm BASKETBALL Finals: 8:00 pm Open Climbing – 3:30 – 6:30pm</p>
THURSDAY 3/19/09	<p>Toddler Swim 10-11:30** due to Elem. Swim <u>LAP SWIM:</u> 5:30am-1:00/3:30-7:00pm <u>WATER WALKING:</u> 5:30-1pm/5:30-6:30pm Shallow Water Exercise: 6:15-7:15am Aquaerobics: 8:30-9:30am Jolly Joints: 10:00-10:30am Aquatic Conditioning: 12-1:00 Aqualogix: 5:45-6:30pm <u>REC SWIM:</u> 3:30-5:30 <u>ONLY</u>, due to Staff In-service</p>	<p>PICKLEBALL: 5:30am-1:00pm Karate: 3:30-5:00/5:00-7:30pm YOGA: 5:30-6:30pm Open Climbing – 3:30 – 6:30pm</p>
FRIDAY 3/20/09	<p>Senior Citizens FREE all morning! Toddler Swim 9-11:30 <u>LAP SWIM:</u> 5:30am-1:00/3:30-7:00pm <u>WATER WALKING:</u> 5:30-1pm Deep Water Exercise: 6:15-7:15am <u>REC SWIM:</u> 3:30-5:30/6:00-8:30pm</p>	<p>PICKLEBALL: 5:30am-1:00pm Circuit Training: 8:30-9:30am ABS for the Weekend: 12:10-12:45pm Open Climbing – 3:30 – 6:30pm</p>
SATURDAY 3/21/09	<p><u>LAP SWIM:</u> 10am-2:30pm/3-5:30pm <u>WATER WALKING:</u> 10-12:00 <u>REC SWIM:</u> 12-2:30/3-5:30pm</p>	<p>Open Climbing – 10am-6pm</p>
SUNDAY 3/22/09	<p>FAMILY DAY AT PAC—Kids, bring your adults!! <u>LAP SWIM:</u> 12-3:00pm <u>WATER WALKING:</u> 12-1:00pm <u>FAMILY SWIM:</u> 1-3:15/3:30-5:30pm</p>	<p>WALLYBALL all day in Court #2! Open Climbing – 12pm – 6pm Belay Clinic – Learn a new skill! 4 – 6pm</p>

Swim Lessons begin again on March 30th! Lifeguard Training starts April 6th!

www.PinedaleAquatic.com, 307-367-2832. JOIN PAC and beat the *WINTER BLUES!*