

This Week at PAC *www.pinedaleaquatic.com

PAC is the PLACE for your open play, classes, lessons, camps, family reunions and fun special events!

OPEN Rendezvous Saturday, July 11th ---AFTER THE PARADE until 6:00pm!

PAC: 367-2832	AQUATIC	DRY-LAND
<p>MONDAY 7/6/09</p> <p>SUMMER HOURS ARE: Mon-Fri: 5am-7:30pm Sat: 10am-6pm Sun: 12noon-6pm</p> <p>**By Registration only</p>	<p>Senior Citizens FREE 9-11:00! **SWIM LESSONS: 9:00-11:00am LAP SWIM: 5:30am-7:00pm WATER WALKING: 5:30am-1pm/5:30-7:00pm Deep Water Exercise: 6:00-7:00am Aquatic Tai Chi: 9:15-9:45 am REC SWIM: 1-3:00 Leisure Pool ONLY; 3:15-5:15/5:45-7:00pm Leisure & Lap Pools w/ DIVING BOARD available!</p> <p>**By Registration only</p>	<p>Open Climbing – 8:00am-7:30pm Circuit Training: 8:00-9:00 am Tai Chi: 8:30-9:15 am YOGA: Noon Kardio Kickboxing: 5:30-6:30pm ~Adult Pick-up Volleyball 5-7:30pm</p> <p>**By Registration only</p>
<p>TUESDAY 7/7/09</p> <p><i>*Check out our website; See top bar... Child Care Hours: Mon.-Fri. 8:00-1:00 Mon., Tue., Thur. 5:00-7:30pm</i></p> <p>**By Registration only</p>	<p>**SWIM LESSONS: 9:00-11:00am LAP SWIM: 5:30am-7:00pm WATER WALKING: 5:30am-1pm/5:30-7:00pm Shallow Water Exercise: 6:00-7:00am Jolly Joints: 10:00-10:45am Aquatic FUSION: 12-1:00 Aquatic FUSION: 5:45-6:30pm **SWIM LESSONS: 5:45-6:30pm REC SWIM: 1-3:00/3:15-5:15 Leisure Pool ONLY</p> <p>**By Registration only</p>	<p>**Weapons: 1-1:45pm **Advanced Karate: 2-2:45pm **Adult Karate: 5:30-7:30pm Open Climbing – 8:00am-7:30pm Learn to Belay – 6pm PILATES: 5:30-6:30pm</p> <p>**By Registration only</p>
<p>WEDNESDAY 7/8/09</p> <p><i>Enjoy our new SUMMIT EXPRESS!</i></p> <p>**By Registration only</p>	<p>Senior Citizens FREE 9-11:00! **SWIM LESSONS: 9:00-11:00am LAP SWIM: 5:30am-7:00pm WATER WALKING: 5:30am-1pm/5:30-7:00pm Deep Water Exercise: 6:00-7:00am Aquatic Tai Chi: 9:15-9:45 am REC SWIM: 1-3:00 Leisure Pool ONLY; 3:15-5:15/5:45-7:00pm Leisure & Lap Pools SUMMIT EXPRESS in Lap Pool from 3:15 'til close!</p> <p>**By Registration only</p>	<p>Circuit Training: 8:00-9:00 am Tai Chi: 8:30-9:15 am NO YOGALATES in July Open Climbing – 8:00am-7:30pm ~Adult Pick-up Basketball 5-7:30pm</p> <p>**By Registration only</p>
<p>THURSDAY 7/9/09</p> <p>Ladies Rock! 5:30-7:30pm TONIGHT!</p> <p>**By Registration only</p>	<p>**SWIM LESSONS: 9:00-11:00am LAP SWIM: 5:30am-7:00pm WATER WALKING: 5:30am-1pm/5:30-7:00pm Shallow Water Exercise: 6:00-7:00am Jolly Joints: 10:00-10:45am Aquatic FUSION: 12-1:00 Aquatic FUSION: 5:45-6:30pm **SWIM LESSONS: 5:45-6:30pm REC SWIM: 1-3:00/3:15-5:15 Leisure Pool ONLY</p> <p>**By Registration only</p>	<p>Open Climbing – 8:00am – 7:30pm **Weapons: 1-1:45pm **Advanced Karate: 2-2:45pm **Adult Karate: 5:30-7:30pm PILATES: 5:30-6:30pm Ladies Rock! (Girls only climbing) 5:30-7:30pm **By Registration only</p>
<p>FRIDAY 7/10/09</p> <p><i>See the PAC Float in the Rendezvous Parade—Sat. at 11:00!!</i></p> <p>**By Registration only</p>	<p>Senior Citizens FREE 9-11:00! TODDLER SWIM: 9-11:00am Leisure Pool LAP SWIM: 5:30am-7:00pm WATER WALKING: 5:30am-1pm Deep Water Exercise: 6:00-7:00am REC SWIM: 1-3:00/5:45-7:00pm Leisure Pool ONLY; 3:15-5:15 Leisure & Lap Pool-- w/ DIVING BOARD ! ~Lap Pool – Open Kayak 5-7pm</p> <p>**By Registration only</p>	<p>Circuit Training 8:00-9:00 am Open Climbing –8:00am – 7:30pm ABS for the Weekend: 12:10-12:50 **Camps Coming Up: TENNIS CAMP-July 13-17 YOGA MOTION-July 13, 15 & 17 Limited spaces still available—call now!</p> <p>**By Registration only</p>
<p>SATURDAY 7/11/09</p> <p><i>OPEN After Parade!</i></p> <p>**By Registration only</p>	<p>Lap & WATER WALKING: After Parade ☺ REC SWIM: 12noon – 3:30pm Leisure & Lap Pool-- w/ DIVING BOARD ! Stay tuned for "Bug's Life" ---DIVE-IN movie coming July 17th!</p> <p>**By Registration only</p>	<p>Open Climbing, Gymnasium, Fitness, Track Tennis Courts – All Day</p>
<p>SUNDAY 7/12/09</p> <p><i>Welcome Families!!</i></p> <p>**By Registration only</p>	<p>LAP SWIM: 12 noon – 2:00pm WATER WALKING: 12noon-2pm REC SWIM: 2-5:30pm Leisure Pool ONLY; Summer SUNDAY FAMILY DISCOUNT Day-- \$15 for the WHOLE FAMILY (reg. \$20!)</p> <p>**By Registration only</p>	<p>Open Climbing, Gymnasium, Fitness, Track Tennis Courts – All Day Wallyball in Court #2! SUNDAY SOCCER: 4-6:00pm</p>

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