

Westbrook Community Center Fall/Winter Aquatics Schedule 2016-17

New & Improved Schedule Effective November 1, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings	Train Your Inner Athlete Hydro Power 5:30-6:30am Ages 16+ Lisa Petruccelli AND Lap Swim 5:30-7:30am Ages 18+ (2-3 lanes 1st hour)	Master's Swim 5:30-7am Ages 18+ John Smith	Adult Lap Swim 5:30-7:30am Ages 18+	Master's Swim 5:30-7am Ages 18+ John Smith	Adult Lap Swim 5:30-7:30am Ages 18+	Swim Lessons 8-12pm Pre-Registration Required Current Dates Online	Adult Lap Swim 7-10am Ages 18+
	Senior Aquatics 7:45-8:45am Ages 55+ Catherine Wilson	Core Splash 7:15-8am Ages 18+ Jenna Dorr	Senior Aquatics 7:45-8:45am Ages 55+ Catherine Wilson	Core Splash 7:15-8am Ages 18+ Jenna Dorr	Senior Aquatics 7:45-8:45am Ages 55+ Catherine Wilson		Available for Party Rentals 11am-1pm
	Senior Memberships Available!	SwimHer 2-3pm Women Ages 18+ Only Catherine Wilson	NEW MEMBERSHIPS & PASSES INCLUDE POOL & FITNESS PROGRAMS! 1 yr. family = \$420 or \$35/month contract; 1 yr. adult = \$360 or \$30/month contract; 6 mos. adult = \$216 or \$36/month contract; 16-visit flex adult = \$50 for 6 month use; 1 drop-in adult = \$6				Available for Party Rentals 11am-1pm
Afternoons	Adult Lap Swim 11:30am-2pm Ages 18+	Adult Lap Swim 11:30am-2pm Ages 18+	Adult Lap Swim 11:30am-2pm Ages 18+	Adult Lap Swim 11:30am-2pm Ages 18+	Adult Lap Swim 11:30am-2pm Ages 18+	SEALS Swimming 12-3pm (Private)	Available for Party Rentals 1:30-3:30pm
Evenings	SEALS Swimming 4-8pm (Private)	SEALS Swimming 4-8pm (Private)	SEALS Swimming 4-8pm (Private)	SEALS Swimming 4-5:30pm (Private)	SEALS Swimming 4-7:30pm (Private)	Family Swim 4-7pm November 19 December 10 December 17 <u>Only!</u>	Available for Party Rentals 4-6pm
					SheJams Swim Program 5:30-6:30pm (Private) Beginning Nov. 3, 2016		
		Adult Lap Swim 8-9pm Ages 18+		SEALS Swimming 6:30-8pm (Private)			
			Adult Lap Swim 8-9pm Ages 18+				

Please add your e-mail address & phone # to your Mindbody online account, or provide to attendant. We'll then keep your info secured and be able to keep you up to date!