

## EPRA 2017 WEEKLY SCHEDULE

Weekly schedule runs Monday, June 26<sup>th</sup> to Sunday, August 20<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming Lessons 8:30 to 10:30	Swimming Lessons 8:30 to 10:30	Swimming Lessons 8:30 to 10:30	Swimming Lessons 8:30 to 10:30	Bronze Med / Cross 8:00 to 10:00	***Rubber Ducky Swim 11:00 to 12:30	Child Lessons 10:00 to 12:00
Yoga 9:30 to 10:25						Masters 10:00 to 11:00
Synchro Lessons 10:00 to 10:30	Water Polo Lessons 10 to 10:30	Synchro Lessons 10:00 to 10:30	Water Polo Lessons 10 to 10:30	**Staff Training 10:00 to 12:00	***Rubber Ducky Swim 11:00 to 12:30	***Rubber Ducky Swim 11:00 to 12:30
Jr Lifesaving 10:00 to 10:30	Jr Lifesaving 10:00 to 10:30	Jr Lifesaving 10:00 to 10:30	Jr Lifesaving 10:00 to 10:30			
Diving Lessons / Team 10:30 to 11:30	Water Polo Team 10:30 to 11:30	Diving Lessons / Team 10:30 to 11:30	Water Polo Team 10:30 to 11:30			
Aquafitness 10:30 to 11:30	Aquafitness 10:30 to 11:30	Aquafitness 10:30 to 11:30	Aquafitness 10:30 to 11:30			
Guppies 11:30 to 12:15	Parents & Tots 11 to 11:30 Guppies 11:30 to 12:15	Guppies 11:30 to 12:15	Parents & Tots 11 to 11:30 Guppies 11:30 to 12:15			
SwimTeam (10 & Under) 11:30 to 12:15	SwimTeam (10 & Under) 11:30 to 12:15	SwimTeam (10 & Under) 11:30 to 12:15	Swim Team/Cross Fit Fun Day 11:30 to 12:30	Swim Team (All Ages) 12:00 to 1:00	Free Swim 11:00 to 9:00	Free Swim 11:00 to 9:00
Swim Team (11 & Over) 12:15 to 1:15	Swim Team (11 & Over) 12:15 to 1:15	Swim Team (11 & Over) 12:15 to 1:15	*Junior / Senior Synchro (Solo & Duet) 12:30 to 2:00	*Pre-Junior Synchro 1:00 to 2:00		
*Junior / Senior Synchro (Team) 1:15 to 2:00	*Pre-Junior Synchro 1:15 to 2:00 *Junior / Senior Synchro (Team) 1:15 to 2:00	*Junior / Senior Synchro (Team) 1:15 to 2:00		*Junior / Senior Synchro (Team) 1:00 to 2:00		
Free Swim 1:15 to 9:00	Free Swim 1:15 to 9:00	Free Swim 1:15 to 9:00	Free Swim 1:15 to 9:00	Free Swim 1:15 to 9:00		
Leaders 2:00 to 2:30	Junior Leaders 2:00 to 2:30	Leaders 2:00 to 2:30	Junior Leaders 2:00 to 2:30			
Masters 6:00 to 7:00	Bronze Med / Cross 2:00 to 3:00	Seniors Night (Selected Evenings)	Child Lessons 5:30 to 7:30 Adult Lessons 6:00 to 7:00	Girls' Water Polo Games		
Diving Competitions	Boys' Water Polo Games	Swim Team Competitions (Pool Closes Early)	Yoga 7:00 to 8:00			

\*NOTE THAT THE DEEP END IS CLOSED DURING SYNCHRO PRACTICES

\*\*THE POOL IS CLOSED DURING STAFF TRAINING ON FRIDAYS

\*\*\*DURING RUBBER DUCKY SWIM ON WEEKENDS, INFLATABLE TOYS ARE PERMITTED IN THE POOL