

# ALBICOCCO POOL SCHEDULE

Winter: February 8 - April 11, 2010 / Spring: April 19 – June 20, 2010

| MON                                       | TUES   | WED   | THURS                                     | FRI   | SAT                                    | SUN  |
|---|--|---|---|---|--|--|
| ADULT LAP REC SWIM<br>6:00-9:15           | ADULT LAP REC SWIM<br>6:00-9:30  | ADULT LAP REC SWIM<br>6:00-9:15                             | ADULT LAP REC SWIM<br>6:00-9:30           | ADULT LAP REC SWIM<br>6:00-9:15               | HYB<br>6:00-7:00                       |  |
| HYDROFIT<br>*9:15-10:15                   | ADULT INSTRUCTION<br>*9:40-10:25   | HYDROFIT<br>*9:15-10:15                                     | ADULT INSTRUCTION<br>*9:40-10:25          | HYDROFIT<br>*9:15-10:15                       | ADULT LAP REC SWIM<br>7:00-9:00        | ADULT LAP REC SWIM<br>7:00-9:00              |
| ARTHRITIS<br>*10:30-11:30                 | WATER WALKING<br>*10:30-11:30  | ARTHRITIS<br>*10:30-11:30                                   | WATER WALKING<br>*10:30-11:30             | ARTHRITIS<br>*10:30-11:30                     | EEL<br>9:05-9:35                       | SKIP<br>9:05-9:35                            |
| ADULT LAP REC SWIM<br>11:30-1:00          | ADULT LAP REC SWIM<br>11:30-1:00   | ADULT LAP REC SWIM<br>11:30-1:00                            | ADULT LAP REC SWIM<br>11:30-1:00          | ADULT LAP REC SWIM<br>11:30-1:00              | SKIP<br>9:40-10:10                     | POLLIWOG GUPPY/FISH<br>9:40-10:10            |
| EEL<br>**1:15-1:45                        | EEL<br>**1:15-1:45   | PIKE<br>**1:15-1:45   | EEL<br>**1:15-1:45                        | PIKE<br>**1:15-1:45                           | SKIP<br>10:15-10:45                    | MINNOW/FLYFISH SHARK/PORPOISE<br>10:15-10:45 |
| PIKE<br>**1:50-2:20                       | PIKE<br>**1:50-2:20  | EEL<br>**1:50-2:20  | PIKE<br>**1:50-2:20                       | EEL<br>**1:50-2:20                            | PIKE<br>10:50-11:20                    | POLLIWOG/GUPPY FISH<br>10:50-11:20           |
| RAY/STARFISH/GUPPY<br>**2:25-2:55         | EEL/POLLIWOG<br>**2:25-2:55  | PIKE/POLLIWOG<br>**2:25-2:55                                | RAY/STARFISH/GUPPY<br>**2:25-2:55         | EEL/POLLIWOG<br>**2:25-2:55                   | EEL<br>11:25-11:55                     | SKIP<br>11:25-11:55                          |
| HS SWIM TEAMS (WINTER ONLY)<br>3:00-4:00  | HS SWIM TEAMS (WINTER ONLY)<br>3:00-4:00   | HS SWIM TEAMS (WINTER ONLY)<br>3:00-4:00                    | HS SWIM TEAMS (WINTER ONLY)<br>3:00-4:00  | HS SWIM TEAMS (WINTER ONLY)<br>3:00-4:00      | PIKE<br>12:15-12:45                    | FAMILY YOUTH REC SWIM<br>12:00-1:45          |
| PRIVATE LESSON 3:00-3:30<br>(SPRING ONLY) | PRIVATE LESSON 3:00-3:30<br>(SPRING ONLY)  | FAMILY YOUTH RECREATIONAL SWIM (SPRING ONLY)<br>**3:00-3:45 | PRIVATE LESSON 3:00-3:30<br>(SPRING ONLY) | ADULT LAP/REC SWIM (SPRING ONLY)<br>3:00-3:45 | PIKE<br>12:50-1:20                     | SPECIAL OLYMPICS<br>2:00-4:00                |
| SKIP<br>3:30-4:00<br>(SPRING ONLY)        | PIKE/EEL<br>(SPRING ONLY)<br>**3:30-4:00   |   | PIKE/EEL<br>(SPRING ONLY)<br>**3:30-4:00  |   | EEL/POLLIWOG GUPPY<br>1:30-2:00        |  |
| POLLIWOG MINNOW/FISH<br>4:05-4:35         | HYB<br>4:00-7:30   | HYB<br>4:00-7:30  | HYB<br>4:00-7:30                          | HYB<br>4:00-7:30                              | FAMILY YOUTH REC SWIM<br>2:15-3:30     |  |
| POLLIWOG GUPPY/MINNOW<br>4:45-5:15        | <div style="border: 1px solid black; padding: 5px;"> <p><b>Youth Fitness–Albicocco Pool</b><br/> Ages 9–14 / 30 minute class<br/> Fee: Membership + \$60<br/> Must be comfortable in the water<br/> Class includes – Fun Games &amp; Sport Drills<br/> Basketball – Soccer – Water Polo – Water Relay Races</p> </div> |   |   |   | POOL PARTY<br>3:45-4:45<br>8YRS + ONLY |  |
| POLLIWOG GUPPY/FISH<br>5:25-5:55          |  |   |   |   | ADULT LAP REC SWIM<br>5:00-8:00        |  |
| FISH<br>***6:00-6:30                      |  |   |   |   |  |  |
| FLYING FISH<br>***6:40-7:10               |  |   |   |   |  |  |
| SHARK<br>*7:15-7:45                       |  |   | TEEN INSTRUCTION<br>*7:45-8:30            |   |  |  |
| TEEN INSTRUCTION<br>*7:45-8:15            | CARDIO KICK<br>*7:45-8:45  | YOUTH FITNESS<br>7:45-8:15                                  | ADULT INSTRUCTION<br>*8:30-9:15           |   | TEEN CENTER<br>8:30-9:30               |  |
| ADULT LAP REC SWIM<br>8:30-10:00          | ADULT LAP REC SWIM<br>9:00-10:00   | ADULT LAP REC SWIM<br>8:30-10:00                            | ADULT LAP REC SWIM<br>9:30-10:00          | ADULT LAP REC SWIM<br>7:30-9:00               |  |  |

\* ONE LAP/RECREATIONAL LANE IS AVAILABLE

\*\* ONE LAP LANE + 1/2 RECREATIONAL LANE IS AVAILABLE

\*\*\* TWO LAP/RECREATIONAL LANES ARE AVAILABLE

PLEASE NOTE:

TO ENSURE THE SAFETY OF ALL SWIMMERS USING THE POOL DURING THESE TIMES,  
WE MUST ELIMINATE THE USE OF FINS/ZOOMERS, KICK BOARDS AND ASK SWIMMERS  
NOT TO DO FLIP TURNS OR THE BUTTERFLY.

This schedule is subject to change.

For info 421-4242

# NORTON POOL SCHEDULE

Winter: February 8 - April 11, 2010 / Spring: April 19 – June 20, 2010

| MON                                    | TUES  | WED   | THURS                                  | FRI                                    | SAT  | SUN   |
|--|---|---|--|--|--|---|
| ADULT LAP SWIM<br>6:00-7:45            | ADULT LAP SWIM<br>6:00-7:45                                       | ADULT LAP SWIM<br>6:00-7:45                                       | ADULT LAP SWIM<br>6:00-7:45            | ADULT LAP SWIM<br>6:00-7:45            |  | MASTERS/<br>TRIATHLON<br>7:00-8:00  |
| AQUA POWER<br>8:00-9:00                |   | AQUA POWER<br>8:00-9:00   | YOQUA<br>8:00-9:00                     | AQUA POWER<br>8:00-9:00                | HYB<br>6:00-9:00   | MASTERS/<br>TRIATHLON<br>8:00-9:00  |
| EEL<br>9:05-9:35                       | EEL<br>9:05-9:35  | PIKE<br>9:05-9:35   | PIKE<br>9:05-9:35                      | SKIP<br>9:05-9:35                      | MINNOW<br>FLYING FISH/SHARK<br>9:05-9:35   | POLLIWOG<br>GUPPY/MINNOW<br>9:05-9:35   |
| PIKE<br>9:40-10:10                     | Y PRESCHOOL<br>(WINTER ONLY)<br>EEL (SPRING ONLY)<br>9:40-10:10   | Y PRESCHOOL<br>(WINTER ONLY)<br>SKIP (SPRING ONLY)<br>9:40-10:10  | EEL<br>9:40-10:10                      | PIKE<br>9:40-10:10                     | POLLIWOG/RAY/<br>STARFISH/GUPPY<br>9:40-10:10  | PIKE<br>9:40-10:10  |
| SKIP<br>RAY/STARFISH<br>10:15-10:45    | Y PRESCHOOL<br>(WINTER ONLY)<br>SKIP (SPRING ONLY)<br>10:15-10:45 | Y PRESCHOOL<br>(WINTER ONLY)<br>PIKE (SPRING ONLY)<br>10:15-10:45 | SKIP<br>RAY/STARFISH<br>10:15-10:45    | EEL<br>10:15-10:45                     | PIKE<br>10:15-10:45  | PIKE<br>10:15-10:45   |
| EEL<br>10:50-11:20                     | Y PRESCHOOL<br>(WINTER ONLY)<br>PIKE (SPRING ONLY)<br>10:50-11:20 | Y PRESCHOOL<br>(WINTER ONLY)<br>EEL (SPRING ONLY)<br>10:50-11:20  | PIKE<br>10:50-11:20                    | PIKE<br>10:50-11:20                    | GUPPY/MINNOW<br>FISH<br>10:50-11:20  | EEL<br>10:50-11:20  |
| AQUA POWER<br>11:20-12:20              | AQUA POWER<br>11:20-12:20   | AQUA POWER<br>11:20-12:20   | AQUA POWER<br>11:20-12:20              | AQUA POWER<br>11:20-12:20              | POLLIWOG/GUPPY<br>FISH<br>11:25-11:55  | EEL<br>11:25-11:55  |
| EEL<br>12:40-1:10                      | SKIP<br>RAY/STARFISH<br>12:40-1:10                                | Y PRESCHOOL<br>(WINTER ONLY)<br>PIKE (SPRING ONLY)<br>12:40-1:10  | EEL<br>12:40-1:10                      | PIKE<br>12:40-1:10                     | GUPPY/FLYING FISH<br>SHARK<br>12:15-12:45  | ADULT LAP REC<br>SWIM<br>12:00-1:00   |
|  | Y PRESCHOOL<br>(WINTER ONLY)<br>1:15-1:45                         | Y PRESCHOOL<br>(WINTER ONLY)<br>1:15-1:45                         |  |  | POLLIWOG<br>MINNOW/FISH<br>12:50-1:20  |   |
|  |   | Y PRESCHOOL<br>(WINTER ONLY)<br>1:50-2:20                         |  |  |  |   |
| HS TEAMS<br>(WINTER ONLY)<br>3:00-4:00 | HS TEAMS<br>(WINTER ONLY)<br>3:00-4:00                            | HS TEAMS<br>(WINTER ONLY)<br>3:00-4:00                            | HS TEAMS<br>(WINTER ONLY)<br>3:00-4:00 | HS TEAMS<br>(WINTER ONLY)<br>3:00-4:00 | TEEN INSTRUCTION<br>1:25-2:10  | LIFEGUARD CLASS<br>1:00-5:00<br>WE OFFER 2 LG<br>CLASSES A YEAR.<br>1ST STARTING IN<br>SEPTEMBER & THE<br>2ND IN JANUARY. |
| HYB<br>4:00-8:30                       | POLLIWOG/GUPPY<br>FISH<br>4:05-4:35                               | GUPPY/MINNOW<br>FISH<br>4:05-4:35                                 | POLLIWOG<br>MINNOW<br>4:05-4:35        | POLLIWOG/GUPPY<br>MINNOW<br>4:05-4:35  | ADULT<br>INSTRUCTION<br>2:15-3:00  | CALL EXT 200 FOR<br>MORE DETAILED<br>INFORMATION.   |
|  | POLLIWOG<br>MINNOW<br>4:45-5:15                                   | POLLIWOG/GUPPY<br>4:45-5:15                                       | GUPPY/MINNOW<br>FISH<br>4:45-5:15      | POLLIWOG<br>GUPPY/FISH<br>4:45-5:15    | SCUBA 3:00-5:00<br>CALL NORTH<br>SHORE AQUATICS<br>FOR MORE<br>INFORMATION<br>631-262-7282 |   |
|  | POLLIWOG<br>GUPPY<br>5:25-5:55                                    | POLLIWOG<br>MINNOW<br>5:25-5:55                                   | GUPPY/FISH<br>5:25-5:55                | POLLIWOG/GUPPY<br>MINNOW<br>5:25-5:55  |  |   |
|  | ADULT LAP SWIM<br>6:00-7:00                                       | ADULT LAP SWIM<br>6:00-7:00                                       | ADULT LAP SWIM<br>6:00-7:00            | FLYING FISH<br>SHARK<br>6:05-6:35      |  |   |
|  | FLYING FISH<br>SHARK<br>7:00-7:30                                 | COMPETITIVE<br>STROKE<br>7:00-7:45                                | FLYING FISH<br>SHARK<br>7:00-7:30      | COMPETITIVE<br>STROKE<br>6:45-7:30     |  |   |
|  | TEEN INSTRUCTION<br>7:45-8:30                                     | TEEN INSTRUCTION<br>7:45-8:30                                     | AQUA POWER<br>7:45-8:45                | FAMILY YOUTH<br>REC SWIM<br>7:30-9:00  |  |   |
|  | ADULT<br>INSTRUCTION<br>8:30-9:15                                 | ADULT<br>INSTRUCTION<br>8:30-9:15                                 |  |  |  |   |

### Aquatic Lessons

**Fees:** For 9 week session/1x per wk  
Membership +

|                        |       |
|------------------------|-------|
| Infant-Youth Lessons   | \$95  |
| Competitive Stroke     | \$115 |
| Teen/Adult Instruction | \$115 |

### Aquatic Fitness Programs

|                       |       |
|-----------------------|-------|
| Program Member Fee    | \$103 |
| Full Facility Members | \$53  |
| Triathlon/Masters     | \$75  |
| Youth Fitness         | \$60  |

See pages 13-16 in the directory for  
Program information

*This schedule is subject to change.*