

**COHOES COMMUNITY CENTER POOL SCHEDULE
SEPTEMBER 18, 2017-NOVEMBER 11, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-8:15am MEMBER LAP	6:00-7:30am MEMBER LAP	6:00-8:15am MEMBER LAP	6:00-8:15am MEMBER LAP	6:00-8:15am MEMBER LAP	7:00-8:30am MEMBER LAP
	7:30-8:20am AQUA JOGGING				8:30-9:15am WATER AEROBICS
8:15-8:30am CLOSED	8:20-8:40am CLOSED	8:15-8:30am CLOSED	8:15-8:30am CLOSED	8:15-8:30am CLOSED	9:15-9:30am CLOSED
8:45-9:30am EARLY BIRD AEROBICS	8:45-9:30am EARLY BIRD AEROBICS	8:30-9:00am ADULT SWIM	8:45-9:30am EARLY BIRD AEROBICS	8:45-9:30am AQUA JOGGING	9:30-10:00am SWIM LESSONS
9:30-10:00am ADULT SWIM	9:30-10:00am ADULT SWIM	9:00-9:45am AQUA ZUMBA	9:35-10:20am AQUA ZUMBA LOW INTENSITY	9:45-10:30am SENIOR WATER AEROBICS	10:00- 10:30AM SWIM LESSONS
10:00-11:00am SENIOR WATER AEROBICS	10:00-10:45am ADULT SWIM	10:00-11:00am SENIOR WATER AEROBICS	10:30-11:00am ADULT SWIM	10:40-11:15am AQUA ZUMBA	10:45- 11:30AM SWIM LESSONS
11:00-2:00pm ADULT SWIM	11:00-2:00pm ADULT SWIM	11:00-2:00pm ADULT SWIM	11:00-2:00pm ADULT SWIM	11:30-2:00pm ADULT SWIM	11:30-12:00pm SWIM LESSONS
2:00-3:00pm ADULT LAP	2:00-3:00pm ADULT LAP	2:00-3:00pm ADULT LAP	2:00-3:00pm ADULT LAP	2:00-3:00pm CLOSED	12:15-1:00pm ADULT SWIM
3:00-5:00pm OPEN SWIM 5:00-5:55pm ADULT LAP	3:00-5:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM 4:15-5:00pm SWIM LESSONS	3:00-5:00pm OPEN SWIM	3:00-5:00pm OPEN SWIM	1:00-4:00pm OPEN SWIM
6:00-6:30PM PARENT/CHILD SWIM LESSONS	5:00-5:55pm ADULT LAP	5:05-5:55PM ADULT LAP	5:00-5:55pm ADULT LAP	5:00-6:00pm POOL RESERVED	4:00-4:45pm ADULT LAP
6:30-7:15pm SWIM LESSONS LEVELS 1, 2	6:00-6:45pm AQUA ZUMBA	6:00-6:45pm SWIM LESSONS LEVELS 2, 3	6:00-6:45pm AQUA JOGGING	6:00-8:00pm OPEN SWIM	Pool Closes at 4:45pm
7:15-8:00pm SWIM LESSONS LEVEL 3 & 4	7:00-7:45pm WATER AEROBICS	7:00-7:45pm SWIM LESSONS LEVELS 4, 5 & 6	7:00-7:45pm WATER AEROBICS		
8:05-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	8:00-8:45pm ADULT SWIM	