



LATITUDE  
sports clubs

## LATITUDE POOL PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am-9:45am Waterfit Alice	9am-9:45am Waterfit Adele	9am-9:45am Waterfit Candy	9am-9:45am Waterfit Adele	9:45am-10:30am Waterfit Alice	9am-12pm Children's Swim Lessons	
		11am-12pm Family Swim (6mo-9yr)		10am-12pm Children's Swim Lessons		
1pm-2pm Family Swim (6mo-9yr)	1pm-2pm Family Swim (6mo-9yr)		1pm-2pm Family Swim (6mo-9yr)	1pm-2pm Family Swim (6mo-9yr)	3:30pm-4:30pm Family Swim (6mo-9yr)	3:30-4:30pm Family Swim (6mo-9yr)
		3pm-4pm Family Swim (6mo-9yr)				<b>*Please double up lap swimming when busy.</b>
4pm-6pm Children's Swim Lessons		4pm-6pm Children's Swim Lessons		5pm-6pm Children's Swim Lessons		
6:30pm-7:15pm Waterfit Alice					<b>Schedule effective 8/2/10</b>	<b>*Lap swim available during lessons.</b>

\*Only children from 6 months old to 9 years of age allowed to family swim.

\*Must be a member of Latitude to bring children to family swim.