



We build strong kids, strong families, strong communities.

Main Pool

Winter January 3, 2010 – February 27, 2010

www.vmcabuffaloniagara.org (716) 674-9622

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30 a.m.	Lap Swim 8:00 - 11:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 5:30 - 8:00am	Full Lap Swim 7:00 - 8:00am	
7 a.m.		Silver Splash 8:00 - 9:00am	Arthritis Aquatics (1 st half held in the zero depth) 7:30 - 8:30am	Silver Splash 8:00 - 9:00am	Arthritis Aquatics 8:00 - 9:00am	Silver Splash 8:00 - 9:00am	Arthritis 8:00 - 9:00am	
8 a.m.								
9 a.m.		Aqua-Fit II 9:00 - 10:00am	Aqua Fit II 9:00 - 10:00am	Aqua-Fit II 9:00 - 10:00am	Aqua Fit II 9:00 - 10:00am	Aqua-Fit II 9:00 - 10:00am	Aqua-Fit II 9:00 - 10:00am	Aqua-Fit 9:00 - 10:00am
10 a.m.		Aqua-Fit 10:00 - 11:00am	Aqua Fit II 10:00 - 11:00am	Aqua-Fit 10:00 - 11:00am	Aqua Fit II 10:00 - 11:00am	Aqua-Fit 10:00 - 11:00am	Aqua-Fit 10:00 - 11:00am	Swimming Lessons 10:00am - 12:30pm
11 a.m.	Open Swim 11:00am – 3:00pm	Adult Beg. 11:00 - 11:30am	Aqua Mix 11:00am - 12:00pm	Adult Beg. 11:00 - 11:30am	Aqua Mix 11:00am - 12:00pm	Adult Beg. 11:00 - 11:30am		
12 p.m.		Open Swim 11:00 - 1:00pm	Open Swim 12:00 - 1:00pm	Open Swim 11:00 - 1:00pm	Open Swim 12:00 - 1:00pm	Open Swim 11:00 - 1:00pm	Adult Beg. 12:00 - 12:30pm	
1 p.m.		Aqua Fitness 1:00-2:00pm	Aqua Fitness 1:00-2:00pm	Aqua Fitness 1:00-2:00pm	Aqua Fitness 1:00-2:00pm	Aqua Fitness 1:00-2:00pm	Adult Beg. 1:00 - 1:30pm	
2 p.m.		Arthritis 2:00 - 3:00pm	Arthritis 2:00 - 3:00pm	Arthritis 2:00 - 3:00pm	Arthritis 2:00 - 3:00pm	Arthritis 2:00 - 3:00pm		
3 p.m.		Pool rental / Open Swim 3:00 - 6:45pm						Open Swim 2:00 - 3:00pm
4 p.m.		Open Swim 3:00-6:00pm Private Lessons 4:00-6:00pm	Open Swim 3:00-6:00pm Private Lessons 4:00 - 6:00pm	Open Swim 3:00-6:00pm Private Lessons 4:00 - 6:00pm	Open Swim 3:00-6:00pm Private Lessons 4:00 - 6:00pm	Open Swim 3:00-6:00pm Private Lessons 4:00 - 6:00pm	Pool rental / Open Swim 3:00 - 6:45pm	
5 p.m.								
6 p.m.		Aqua-Fit II 6:00 - 7:00pm	Arthritis 6:00 - 7:00pm	Aqua-Fit II 6:00 - 7:00pm	Arthritis 6:00 - 7:00pm	Aqua-Fit II 6:00-7:00pm		
7 p.m.	Close 6:45pm	Swimming Lessons 7:00 - 8:30pm	Swimming Lessons 7:00 - 8:00pm	Swimming Lessons/Master's Clinics 7:00 - 10:00pm	Swimming Lessons 7:00 - 8:30pm	Pool rental 5:00 - 9:00pm	Close 6:45pm	
8 p.m.		Open Swim 7:45 - 10:15pm Adult Beg. 8:30 - 9:00pm	Open Swim 7:45 - 10:15pm Adult Beg. 8:30 - 9:00pm	Open Swim 7:45 - 10:15pm Adult Beg. 8:30 - 9:00pm	Open Swim & Scuba 7:45 - 10:15pm Adult Beg. 8:30 - 9:00pm	Open Swim 7:00 - 10:15pm		
9 p.m.								
10:15pm.		Close 10:15pm	Close 10:15pm	Close 10:15pm	Close 10:15pm	Close 10:15pm		

Lap Swim Lanes available Monday – Friday 5:30am – 10:15pm, Saturday 7:00am – 6:45pm and Sunday 8:00am – 6:45pm