



# Pool Schedule

Effective April 2012

| POOL         | MON                         | TUE                             | WED                         | THU                         | FRI                          | SAT                                           | SUN                                           |
|--------------|-----------------------------|---------------------------------|-----------------------------|-----------------------------|------------------------------|-----------------------------------------------|-----------------------------------------------|
| 5:00-7:00am  | Adult Swim                  | Adult Swim (5-6:30 am)          | Adult Swim                  | Adult Swim (5-6:30am)       | Adult Swim                   |                                               |                                               |
| 7:00-10:00am | Open & Lap Swim (7-9:00 am) | Open & Lap Swim (7:30-10:00 am) | Open & Lap Swim (7-9:00 am) | Open & Lap Swim (7-9:00 am) | Open & Lap Swim (7-9:00 am)  | Adult Swim (7-8 am)                           | Adult Swim (7-9 am)                           |
| 10:00am      | Open & Lap Swim (10-1:00pm) |                                 | Open & Lap Swim (10am-4pm)  |                             | Open & Lap Swim (10-12:00pm) | 1 Lap Lane 11:45-12:30pm                      |                                               |
| 11:00am      |                             | Open & Lap Swim (11:00-5:25pm)  |                             | Open & Lap Swim (11-1:00pm) |                              |                                               |                                               |
| 12:00pm      |                             |                                 |                             |                             |                              | Open Swim 12:30-5:45 (if no birthday parties) | Open Swim 12-4:45 pm (if no birthday parties) |
| 1:00pm       |                             |                                 |                             | Open Swim (1-5:30pm)        | Open Swim (1-4pm)            |                                               |                                               |
| 6:30pm       | Open Swim (7:30-9:45pm)     | Open Swim (6:30-9:45pm)         |                             | Open Swim (6:30-9:45pm)     | JAWS 6:45-7:15 pm            |                                               |                                               |
| 7:30pm       |                             |                                 | Open Swim (7:30-9:45pm)     |                             | Open Swim (7:30-8:45pm)      |                                               |                                               |

**8 Devine St. North Haven, CT- 203 281-7900-[www.healthtrax.com](http://www.healthtrax.com)**

**Center Hours:** Monday-Thursday 5:00am-10:00pm / Friday 5:00am-9:00pm/Saturday 7:00am-6:00 pm/Sunday 7:00am-5:00pm

**Youth Center Hours:** Monday-Saturday 8:30am-1:00pm / Monday-Friday 4:00-8:00pm (reservations required)