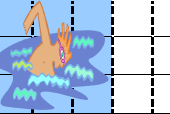
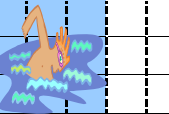
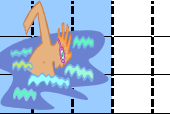
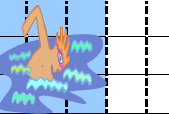


# January 2009 Indoor Pool Schedule

lane	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						lane	
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6		
6:00 AM																																												6:00 AM
6:30 AM																																												6:30 AM
7:00 AM																																											7:00 AM	
7:30 AM																																											7:30 AM	
8:00 AM																																											8:00 AM	
8:30 AM																																											8:30 AM	
9:00 AM																																											9:00 AM	
9:30 AM																																											9:30 AM	
10:00 AM																																											10:00 AM	
10:30 AM																																											10:30 AM	
11:00 AM																																											11:00 AM	
11:30 AM																																											11:30 AM	
12:00 PM																																											12:00 PM	
12:30 PM																																											12:30 PM	
1:00 PM																																											1:00 PM	
1:30 PM																																											1:30 PM	
2:00 PM																																											2:00 PM	
2:30 PM																																											2:30 PM	
3:00 PM																																											3:00 PM	
3:30 PM																																											3:30 PM	
4:00 PM																																											4:00 PM	
4:30 PM																																											4:30 PM	
5:00 PM																																											5:00 PM	
5:30 PM																																											5:30 PM	
6:00 PM																																											6:00 PM	
6:30 PM																																											6:30 PM	
7:00 PM																																											7:00 PM	
7:30 PM																																											7:30 PM	
8:00 PM																																											8:00 PM	
8:30 PM																																											8:30 PM	
9:00 PM																																											9:00 PM	



= CAST Swim Team  
= Water Exercise Class



= Masters Swim Team  
= Abingdon High School Swim Team



= rental  
= Open Swim