

USCG KODIAK NORTHERN LIGHTS AQUATIC FACILITY
Winter 2012

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------------------------|--|----------------------------------|--|--|---|
| A.M. Lap 5:45 - 9:00 | Training 8:00 - 11:30 | A.M. Lap 5:45 - 9:00 | Training 8:00 - 11:30 | A.M. Lap 5:45 - 9:00 | Water Aerobics 9:30 - 10:30 | Aquatots 10:00 - 11:30 Lap 3 Lanes 10:30 - 11:30 |
| Water Aerobics 9:00 - 10:00 | | Water Aerobics 9:00 - 10:00 | | Water Aerobics 9:00 - 10:00 | | |
| Aquatots 10:15 - 11:30 Lap 3 Lanes | | Aquatots 10:15 - 11:30 Lap 3 Lanes | | Aquatots 10:15 - 11:30 Lap 3 Lanes | | |
| Noon Lap 11:30 - 1:00 Monday - Friday | | | | | Open times are available for Private Parties For Reservations Call 487-5391 | |
| Available for Special Events | | Afternoon Open Swim 2:00 - 3:30 | Available for Special Events | | | |
| Evening Lap 3:30 - 6:00 Monday - Friday | | | | | Afternoon Open Swim 3:00 - 4:30 | Afternoon Open Swim 3:00 - 4:30 |
| Aquatots 3:30 - 6p Monday - Thursday | | | | | Evening Lap 4:30 - 6:00 | Evening Lap 4:30 - 6:00 |
| Jr. Swim 4:30 - 5:15 Lap 3 lanes | Lap / Swim Fit 4:30 - 5:30 | Jr. Swim 4:30 - 5:15 Lap 3 lanes | Lap / Swim Fit 4:30 - 5:30 | Lap / Swim Fit 4:30 - 5:30 | | |
| Evening Lap 3:30 - 6:00p Monday - Friday | | | | | | |
| Water Aerobics 6:00 - 7:00 | | Water Aerobics 6:00 - 7:00 | | Evening Open Swim 6:00 - 7:30 | Evening Open Swim 6:00 - 7:30 | |

AQUATOTS

For Parents & Toddlers 6 & Under
 Mon. Wed. Fri. 10:15 - 11:30a & Sat. 10 - 11:30a
 Monday - Thursday 3:30 - 6p
 \$1.00 per person, children under 2 - 50 cents
 Children must be accompanied by a paid adult

Pool 487-5391 - www.KodiakMWR.com - Gear Issue 487-5272

CHILDREN MUST MEET ONE OF THE FOLLOWING WHILE IN THE WATER

1. Able to swim 1 length of the pool comfortably
2. In a lifejacket
3. Next to a supervising adult