

# VIKING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	
6:45	<b>EARLY BIRD SWIM + SYNCHRO (6:45-7:30)</b>				<b>STAFF TRAINING</b>	<b>POOL MAINTENANCE</b>	
7:00							
7:30	<b>POOL MAINTENANCE + SYNCHRO (7:00-8:30)</b>						
8:00							
8:30	<b>SWIMMING LESSONS (8:30-11:30)</b> <b>SYNCHRO (10:00-11:30)</b>						<b>FUN TIME (10:00-12:00)</b>
9:00							
9:30							
10:00							
10:30							
11:00	<b>10 &amp; UNDER SWIM TEAM + DIVING LESSONS(11:30-12:15)</b>						<b>10 &amp; UNDER SWIM TEAM + SYNCHRO (11:30-12:15)</b>
11:30							
11:45							
12:00	<b>11 &amp; OVER SWIM TEAM + DIVING LESSONS (12:15-1:00)</b>				<b>11 &amp; OVER SWIM TEAM + SYNCHRO (12:15-1:00)</b>	<b>ADULT SWIM (12:00-1:00)</b>	
12:15							
12:30							
12:45	<b>ADULT SWIM + DIVING TEAM (1:00-2:00)</b>				<b>ADULT SWIM + DIVING TEAM (1:00-2:00)</b>		
1:00						<b>ADULT SWIM</b>	<b>ADULT SWIM</b>
1:30						<b>AQUAFIT-TUES (1:00-2:00)</b>	<b>+ SYNCHRO (1:00-2:00)</b>
2:00	<b>FREE SWIM (2:00-5:00)</b>				<b>FREE SWIM (1:00-5:00)</b>		
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	<b>WATERPOLO (5:00-6:00)</b>		<b>WATERPOLO (5:00-6:00)</b>		<b>ADULT SWIM (5:00-6:00)</b>		
5:30							
6:00	<b>FREE SWIM (6:00-9:00)</b>		<b>FREE SWIM (6:00-9:00)</b> <b>*IF NO SWIM COMPETITION</b>		<b>FREE SWIM (6:00-9:00)</b>		
6:30							
7:00							
7:30	<b>MASTERS (8:00-9:00)</b>		<b>MASTERS (8:00-9:00)</b>				
8:00							
8:30							
9:00	<b>POOL CLOSED AT 9:00 P.M. (SEE YOU TOMORROW!)</b>						