

Aviary Pool Schedule*

November 4th – February 19th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
POOL COVERS REMOVED 5:10am					POOL COVERS REMOVED 6:15am	POOL COVERS REMOVED 6:45am
AVIARY POOL & CLUB OPEN 5:30 am					POOL & CLUB OPEN 6:30 am	POOL & CLUB OPEN 7:00 am
LAP SWIMMING IS AVAILABLE AT AVIARY FOR MEMBERS IN LANES 1, 2, AND 3 DURING REGULAR CLUB HOURS MONDAY – FRIDAY FROM 5:30am-9:50pm. SWIMMERS MAY BE ASKED TO CHANGE LANES, SHARE A LANE, OR CIRCLE SWIM*, DEPENDING ON THE NUMBER AND ABILITY OF YOUR FELLOW SWIMMERS. IF YOU NEED A LANE PLEASE ASK THE LIFEGUARD ON DUTY FOR ASSISTANCE.					LAP SWIMMING 7:00am-9:20pm LANES 1, 2, 3	
AQUA ZUMBA 8:30-9:30am LANES 4, 5, 6		AQUA ZUMBA 9:00-10:00am LANES 4, 5, 6		AQUA ZUMBA 9:00-10:00am LANES 4, 5, 6	AQUA ZUMBA 9:00-10:00am LANES 4, 5, 6	
WATER & SPORTS PHYSICAL THERAPY MONDAY THRU FRIDAY 12:00pm-1:00pm THERAPY IS IN THE DEEP END AND SOME SHALLOW END SPACE IN LANES 4, 5, 6						
AQUA FIT 5:30-6:30pm LANES 4, 5, 6		AQUA FIT 5:30-6:30pm LANES 4, 5, 6				
WATER & SPORTS PHYSICAL THERAPY 6:30-7:30pm LANES 4, 5, 6		WATER & SPORTS PHYSICAL THERAPY 6:30-7:30pm LANES 4, 5, 6				
AVIARY POOL CLOSED 9:50pm					POOL CLOSED 9:20pm	POOL CLOSED 8:50pm
AVIARY CLUB CLOSED 10:00pm					CLUB CLOSED 9:30pm	CLUB CLOSED 9:00pm

- Lap Swimming – Three lap lanes are always available for members, you may be asked to change lanes or share a lane depending on program pool use and the growing popularity of lap swimming. Please note the informational flier on circle swimming. If you need a lane, please feel free to ask the lifeguard for assistance.
- A weekly list of scheduled member parties and SRSRC special events is available at the Aviary office. This is a tentative schedule and subject to change.

**This is a tentative schedule and is subject to change. If you have any questions, comments, or concerns please contact the aquatics department at: (858) 271-6222 ex: 129 or e-mail aquaticsfred@yahoo.com .*

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Programs and Club Activities November 4th – February 19th

WATER AND SPORTS PHYSICAL THERAPY

SRSRC is excited to introduce Water and Sports Physical Therapy, Inc. as our exclusive pool based therapy clinic. WSPT is the leader in aquatic therapy and physical therapy in San Diego. They have four facilities, and their Doctors of Physical Therapy successfully treat a variety of injuries including problems of the spine, shoulder, knee, ankle, and hip.

The WSPT program accepts most insurance plans including Medicare, Tricare, worker's comp, and most PPO's.

To have WSPT check your benefits, please call 858-488-3597 or for more information visit:

www.WaterandSportsPT.com

AQUA ZUMBA

This program integrates Zumba with traditional aqua fitness disciplines. Classes are Monday, Wednesday, Friday, and Saturday 9:00-10:00am.

AQUA FIT

Non impact cardio movements combined with resistance training in a fun and refreshing aquatic environment. Classes are in the evenings Monday and Wednesday 5:30-6:30pm.

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Trails Main Pool Schedule*

November 4th – February 19th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
MASTERS 5:30-6:30a & 6:30-7:30 ALL LANES		MASTERS 5:30-6:30a & 6:30-7:30 ALL LANES		MASTERS 5:30-6:30a & 6:30-7:30 ALL LANES		MASTERS 7:00-8:00a ALL LANES
TRAILS CLUB OPENS 8:30am					TRAILS CLUB OPENS 8:00am	
MASTERS 10:00-11:00am LANES 1, 2, 3, 4, 5		MASTERS 10:00-11:00am LANES 1, 2, 3, 4, 5		MASTERS 10:00-11:00am LANES 1, 2, 3, 4, 5		
NO GROUP SWIMMING LESSONS Spring Lessons resume March 31st		NO GROUP SWIMMING LESSONS Spring Lessons resume March 31st		NO GROUP SWIMMING LESSONS Spring Lessons resume March 31st	NO GROUP SWIMMING LESSONS Saturday Lessons resume April 5th	
QUANTUM SWIM TEAM 3:00-7:00pm LANES 1, 2, 3, 4 (RESUME PRACTICE ON SEPTEMBER 9)	QUANTUM SWIM TEAM 4:30-7:00pm LANES 1, 2, 3, 4	QUANTUM SWIM TEAM 4:30-7:15pm LANES 1, 2, 3, 4	QUANTUM SWIM TEAM 4:30-7:15pm LANES 1, 2, 3, 4	QUANTUM SWIM TEAM 4:30-7:15pm LANES 1, 2, 3, 4		
ONLY ONE LAP LANE OPEN 3:00-7:00PM	ONLY ONE LAP LANE OPEN 4:30-7:00PM	ONLY ONE LAP LANE OPEN 4:30-7:15PM	ONLY ONE LAP LANE OPEN 4:30-7:15PM	ONLY ONE LAP LANE OPEN 4:30-7:15PM		
TRAILS MAIN POOL CLOSED AT 8:50pm					TRAILS MAIN POOL CLOSED AT 7:50pm	
TRAILS CLUB CLOSED AT 9:00pm					TRAILS MAIN POOL CLOSED AT 8:00pm	

- Lap swimmers will generally have one to two lanes to swim in at Trails for the Winter Season. Lap swimmers are encouraged to follow the circle swimming guidelines posted at each site.
- A weekly list of scheduled member parties and SRSRC special events is available at the Aviary office.

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Trails Lessons Pool Schedule*

November 4th – February 19th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
TRAILS CLUB OPENS 8:30am					TRAILS CLUB OPENS 8:00am	
LESSONS POOL OPEN AT 8:45am					LESSONS POOL OPEN AT 8:15am	
NO GROUP SWIMMING LESSONS Spring Lessons resume March 31st		NO GROUP SWIMMING LESSONS Spring Lessons resume March 31st		NO GROUP SWIMMING LESSONS Spring Lessons resume March 31st	NO GROUP SWIMMING LESSONS Saturday Lessons resume April 5th	
LESSONS POOL CLOSED AT 7:00pm					LESSONS POOL CLOSED AT 6:00pm	LESSONS POOL CLOSED AT 7:45pm
TRAILS CLUB CLOSED AT 9:00pm					TRAILS CLUB CLOSED AT 8:00pm	

- The lessons pool will be used exclusively for Spring Swimming Lessons only on Monday, Wednesday, and Friday beginning March 31– June 6, and Saturdays begin April 5th. Summer swimming lessons will begin two weeks after Spring Lessons end.

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