

# AQUATICS

## IN MOTION FITNESS

Effective August 6, 2007

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquatic Pool</b>	6:00 - 7:00 am In Mo Bo H2O Morgan	6:00 - 7:00 am Aqua Pump Ali	6:00 - 7:00 am Mix it up-Circuit Dick	6:00 - 7:00 am Aqua Pump Courtney	6:00 - 7:00 am Aqua Energy Dick/Patrice		
	8:00 - 9:00 am Butte College*	8:00 - 9:00 am Butte College*	8:00 - 9:00 am Butte College*	8:00 - 9:00 am Butte College*			
	9:00 - 10:00 am H2O Dynamics Patrice	9:00 - 10:00 am H2O Dynamics Lora	9:00 - 10:00 am H2O Dynamics Judy	9:00 - 10:00 am H2O Dynamics Mari	9:00 - 10:00 am H2O Dynamics Dawn	9:00 - 10:00 am Weekend Aqua Splash	
		10:00 - 11:00 am H2O In Motion Judy		10:00 - 11:00 am H2O In Motion Judy			
	11:00 am - 12:30pm Quiet Adult Only Swim Time	11:00 am - 12:30pm Quiet Adult Only Swim Time	11:00 am - 12:30pm Quiet Adult Only Swim Time	11:00 am - 12:30pm Quiet Adult Only Swim Time	11:00 am - 12:30pm Quiet Adult Only Swim Time		
	12:30 - 1:30 pm Aqua Energy Nancy	12:30 - 1:30 pm Butte College*	12:30 - 1:30 pm Ultimate H2O Nancy	12:30 - 1:30 pm Butte College*	12:30 - 1:30 pm Ultimate H2O Nancy		
	5:30 - 6:30 pm H2O Power Hour Heidi	5:30 - 6:30 pm H2O Power Hour Mari	5:30 - 6:30 pm H2O Power Hour Heidi	5:30 - 6:30 pm H2O Power Hour Heidi			

**Pool Hours:**  
 Mon - Fri: 6:00am - 10:00pm  
 Sat - Sun: 6:30am - 10:00pm  
 \* Lawns being mowed:  
 Tues & Fri: 12:00pm - 2:00pm

**Splash Park Hours:** Summer Only  
 Everyday (Mon-Sun): 12:30pm - 7:30pm

**Family Swim Hours:**  
**(Lifeguard on duty)** Summer Only  
 Everyday (Mon - Sun): 12:30pm - 7:30pm

**Lap Swimming:**  
 Two lanes are always available to members (East lanes 7 & 8)

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Competitive Lap Pool</b>	6:00 am-10:00 pm Lap Swim	6:00 am-10:00 pm Lap Swim	6:00 am-10:00 pm Lap Swim	6:00 am-10:00 pm Lap Swim	6:00 am-10:00 pm Lap Swim	6:00 am-10:00 pm Lap Swim	6:00 am-10:00 pm Lap Swim
	6:00 am - 7:00 am Chico Masters Lanes 1 - 6	6:00 am - 7:00 am Chico Masters Lanes 1 - 6	6:00 am - 7:00 am Chico Masters Lanes 1 - 6	6:00 am - 7:00 am Chico Masters Lanes 1 - 6	6:00 am - 7:00 am Chico Masters Lanes 1 - 6		
	6:00 am - 10:30 am Lap Swim Lanes 7 - 8	6:00 am - 10:30 am Lap Swim Lanes 7 - 8	6:00 am - 10:30 am Lap Swim Lanes 7 - 8	6:00 am - 10:30 am Lap Swim Lanes 7 - 8	6:00 am - 10:30 am Lap Swim Lanes 7 - 8		
	7:15 -10:30 am AquaJets Lanes 1 - 6	7:15 -10:30 am AquaJets Lanes 1 - 6	7:15 -10:30 am AquaJets Lanes 1 - 6	7:15 -10:30 am AquaJets Lanes 1 - 6	7:15 -10:30 am AquaJets Lanes 1 - 6	8:00 am - 9:00 am Chico Masters Lanes 1 - 6	
	10:30 am - Noon Lap Swim Lanes 1 - 8	10:30 am - Noon Lap Swim Lanes 1 - 8	10:30 am - Noon Lap Swim Lanes 1 - 8	10:30 am - Noon Lap Swim Lanes 1 - 8	10:30 am - Noon Lap Swim Lanes 1 - 8		
	Noon - 1:00 pm Chico Masters Lanes 1 - 6	Noon - 1:00 pm Chico Masters Lanes 1 - 6	Noon - 1:00 pm Chico Masters Lanes 1 - 6	Noon - 1:00 pm Chico Masters Lanes 1 - 6	Noon - 1:00 pm Chico Masters Lanes 1 - 6		
	1:00 - 3:30 pm Lap Swim Lanes 1 - 8	1:00 - 3:30 pm Lap Swim Lanes 1 - 8	1:00 - 3:30 pm Lap Swim Lanes 1 - 8	1:00 - 3:30 pm Lap Swim Lanes 1 - 8	1:00 - 3:30 pm Lap Swim Lanes 1 - 8		
	3:30 - 8:00 pm Lap Swim Lanes 7 & 8	3:30 - 8:00 pm Lap Swim Lanes 7 & 8	3:30 - 8:00 pm Lap Swim Lanes 7 & 8	3:30 - 8:00 pm Lap Swim Lanes 7 & 8	3:30 - 8:00 pm Lap Swim Lanes 7 & 8		
	3:30 -7:00 pm AquaJets Lanes 1 - 6	3:30 -7:00 pm AquaJets Lanes 1 - 6	3:30 -7:00 pm AquaJets Lanes 1 - 6	3:30 -7:00 pm AquaJets Lanes 1 - 6	3:30 -7:00 pm AquaJets Lanes 1 - 6		
	7:00 - 8:00 pm Chico Masters Lanes 1-4 only	7:00 - 8:00 pm Chico Masters Lanes 1-4 only	7:00 - 8:00 pm Chico Masters Lanes 1-4 only	7:00 - 8:00 pm Chico Masters Lanes 1-4 only			
	8:00 - 10:00 pm Lap Swim Lanes 1 - 8	8:00 - 10:00 pm Lap Swim Lanes 1 - 8	8:00 - 10:00 pm Lap Swim Lanes 1 - 8	8:00 - 10:00 pm Lap Swim Lanes 1 - 8	8:00 - 10:00 pm Lap Swim Lanes 1 - 8		



**Childcare:**  
 Mon - Fri: 8:00am - 8:30pm  
 Sat - Sun: 9:00am - 6:00pm

**Club Hours**  
 Open Mon: 3:00am  
 Mon - Fri: Open 24 Hours  
 Close Fri: 12 Midnight  
 Sat - Sun: 4:30am - 12 Midnight

**Other Special Programs**

- North Valley Swim School Swim lessons for all ages
- Chico Masters
- Chico Aquajets (swim team)
- Adult Improvement Classes
- Stroke Analysis Training
- Aquatic Personal Training
- Birthday Parties for Kids!

Year round swim lessons being offered! Check NVSS brochure for dates or call 345-6707.