

# SUMMER AQUATIC SCHEDULE

6/21-9/5

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM-8:45AM	LAP	LAP	LAP	LAP	LAP	6-8:30AM LAP (4-5) MASTERS (3-4) 7-8:30AM	7AM LAP
8:50-9:50AM	LAP (2) AQUA (4) 8:50-9:50 LESSONS (2) 9AM-11AM	LAP (6) LESSONS (2) 9AM-11AM	LAP (2) AQUA (4) 8:50-9:50 LESSONS (2) 9AM-11AM	LAP (6) LESSONS (2) 9AM-11AM	LAP (4) AQUA (4) 8:50-9:50	LAP (2) AQUA (4) 8:50-9:50 LESSONS (2) TILL 12	LAP
10:10-11:10AM	LAP (2) AQUA (4) 8:50-9:50 LESSONS (2) 9AM-11AM	LAP (2) AQUA (4) LESSONS (2) 9AM-11AM	LAP (2) AQUA (4) 8:50-9:50 LESSONS (2) 9AM-11AM	LAP (2) AQUA (4) LESSONS (2) 9AM-11AM	LAP (4) AQUA (4)	LAP (2) AQUA (4) LESSONS (2) TILL 12	LAP (4) AQUA (4)
11:10-1:00PM	LAP	LAP	LAP	LAP	LAP	LAP (6) LESSONS (2) TILL 12	LAP 11-12PM
1:00-2:55PM	LAP (2) OPEN (4)	LAP (2) OPEN (4)	LAP (2) OPEN (4)	LAP (2) OPEN (4)	LAP (2) OPEN (4)	LAP (4-6) OPEN 12-6:45PM (2-4) LAKESIDE	LAP (4-6) OPEN 12-6:15PM (2-4) LAKESIDE TEAM 7:45PM- 9:15PM (3)
3:00-3:25	LAP (4-6) OPEN (2-4)	LAP (2) OPEN (3) JRLG (3) 3PM-4PM	LAP (4-6) OPEN (2-4)	LAP (2) OPEN (3) JRLG (3) 3PM-4PM	LAP (2-4) OPEN (2-4)		
3:30-3:55	LAP (2) OPEN (3) TEAM (3)	OPEN (3) TEAM (3) JRLG (3) 3PM-4PM	LAP (2) OPEN (3) TEAM (3)	OPEN (3) TEAM (3) JRLG (3) 3PM-4PM	LAP (2-4) OPEN (2-4)		
4:00-5:25	OPEN (3) LESSONS (2) TILL 6PM TEAM (3)	OPEN (3) LESSONS (2) TILL 6PM TEAM (3)	OPEN (3) LESSONS (2) TILL 6PM TEAM (3)	OPEN (3) LESSONS (2) TILL 6PM TEAM (3)	LAP (2-4) OPEN (2-4)		
5:30-6:30	LAP (3) LESSONS (2) TILL 6PM TEAM (3)	AQUA (3) LESSONS (2) TILL 6PM TEAM (3)	LAP (3) LESSONS (2) TILL 6PM TEAM (3)	AQUA (3) LESSONS (2) TILL 6PM TEAM (3)	LAP (2-4) OPEN (2-4)		
6:35-9:15PM	LAP (2-3) OPEN (2-3) ADULT 6:45-7:45PM (2) TEAM 7:45PM-9:15PM (3)	LAP (2-3) OPEN (2-3) MASTERS (3) 6:30-7:45PM TEAM 7:45PM-9:15PM (3)	LAP (2-3) OPEN (2-3) TEAM 7:45PM-9:15PM (3)	LAP (2-3) OPEN (2-3) MASTERS (3) 6:30-7:45PM TEAM 7:45PM- 9:15PM (3)	LAP (2-4) OPEN (2-4)		

**LIMITED  
LAP SWIM TIMES  
2 LANES ONLY AVAILABLE  
NO  
LAP SWIM TIMES  
NOTE:  
TO PREPARE FOR MOVIE NIGHTS  
THE POOLS & POOL AREAS  
WILL BE  
CLOSED AT 4:30PM  
FRIDAY JUNE 25TH AND FRIDAY JULY 16TH**

LAGOON OPEN SWIM TIMES: NO LESSONS & THE TIKI WILL BE CLOSED 7/3 AND 7/5

1:00-3:30PM	OPEN	OPEN	OPEN	OPEN	OPEN 1:00-8PM		
6:30-8:30PM	OPEN	OPEN	OPEN	OPEN		OPEN 1PM-5:45PM	OPEN 12NOON- 5:30PM

## CALABASAS TIKI INFO: 6/21-9/2



**TIKI HOURS: M-TH  
FROM: 9A-1PM & 3:30PM-6:30PM**

**TIKI LINE: (818) 222-8777  
TIKI FAX: (818) 222-8775  
NO LESSONS & TIKI CLOSED 7/7 AND 7/5**

# COACH'S CORNER

## SUMMER TIME BLUES

### STAY SUMMER FIT!

MAKE THE EFFORT, TO TAKE THE TIME  
FOR YOU TO WORKOUT.

LEAVE YOUR PROBLEMS IN YOUR LOCKER  
WHILE YOU TAKE QUICK SWIM, OR A  
TENNIS LESSON WITH A FRIEND,  
OR TRY A NEW FITNESS CLASS!

**EFFORT+TIME  
+WORKOUT=HEALTHLY RESULTS!**

### SUMMER SIZZLE!

CHANGE UP YOUR WEEKLY MENU  
BY ADDING A BBQ NIGHT WITH THE FAMILY.  
GRILLED CHICKEN OR SALMON  
GOES GREAT WITH GRILLED CORN ON THE COB,  
A FRESH GREEN SALAD, AND YOUR CHOICE  
OF A BOWL FRUITS OF THE SUMMER!  
CHOPPED UP WATERMELON, HONEY DEW  
OR FRESH STRAWBERRIES!



### TIME TO HIT THE WATER!

WARM UP:

300 NON STOP, SLOW FREESTYLE  
200 KICK WITH BOARD  
200 PULL WITH BOUY, NO KICKING!

#### 50'S ARE NIFTY WORKOUT:

4X50 BACKSTROKE  
4X50 BREAST STROKE  
4X50 FREESTYLE KICK WITH BOARD

50= 2 LAPS, NO STOPPING BETWEEN  
ON THE NEXT SET  
1 LAP OF ONE STROKE &  
THEN THE 2ND LAP IS A DIFFERENT STROKE.  
WITHOUT STOPPING BETWEEN THE 2 LAPS.

6X50 25 BACKSTROKE 25 BREASTSTROKE  
6X50 25 BREASTSTROKE 25 FREESTYLE  
6X50 25 FAST FREESTYLE 25 EASY FREESTYLE  
200 COOL DOWN



**DRINK  
PLENTY OF WATER!**

### BEAT THE SUMMER TIME BLUES!

Summer time is the pool's buisest time of the year!

Helpful tips to keep your cool while keeping cool:

- Review most current pool schedule.
- Avoid times where there are limited lap lanes and/or no lap lanes.
- Be courteous/polite to fellow lap swimmers.
- Be fleixble, we're all here to have a good time.
- Be ready to share the lane,  
and open to "CIRCLE SWIMMING", with 3 or more swimmers in 1 lane.



### YES, WE ALL SHARE HERE!

-Change up your workout routines.  
Try hiking, bike ride at the beach, kyaking or water skiing.



## BELIEVE AND YOU WILL ACHIEVE!