

# JEAN XXIII POOL SCHEDULE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Early Morning Training 7:00 - 8:00 Aquafitness & Leisure Swim for First Citizen 8:00 - 9:15		Early Morning Training 7:00 - 8:00 Aquafitness & Leisure Swim for First Citizen 8:00 - 9:15	Dorval Swim Club 7:00-10:00	
<b>JEAN XXIII HIGH SCHOOL</b>					Swimming Lessons 10:00 - 13:00	Masters 9:00 - 10:30
						Aquafitness & Leisure Swim 60+ 12:15 - 13:15
<b>Dorval Swim Club</b> 16:30 - 19:30					Aquajogging 13:00 - 14:00	
		Masters 18:30 - 20:00		Masters 18:30 - 20:00		
Aquafitness 19:30 - 20:30	Aquafitness 19:30 - 20:30	Adult Swim 20:00 Adult courses 20:30	Leisure Swim 20:00 - 21:30			
Leisure Swim 20:00 - 21:30		Adult Swim 21:15-22:00				
Adult Swim 21:30 - 22:00		Adult Swim 21:15-22:00	Adult Swim 21:30 - 22:00			

Leisure Swim: Sept. 12, 2009 - May 28, 2010

Adult Swim: Sept. 14, 2009 - May 28, 2010