

Closed 7/4. Also  
 Aug. 14<sup>th</sup> thru Aug. 20<sup>th</sup> and Sept. 6th

**East Lyme Aquatics Fitness Center**  
**Schedule**  
 691-4681 [www.nutmegaquatics.com](http://www.nutmegaquatics.com)

June 28 thru Aug. 29, 2010

Sunday		Monday		Tuesday		Wednesday	
1:00 pm to 5:00 pm	Open swim/ Pool Parties/Lap swim	6:00am - 8:30am	Adult lap swim	6:00am - 8:30am	Adult lap swim	6:00am - 8:30am	Adult lap swim
		9:30am - 2:00pm	Lap & Open Swim	9:30am - 2:00pm	Lap & Open Swim	9:30am - 2:00pm	Lap & Open Swim
		2:00pm - 5:00pm	Closed	2:00pm - 5:00pm	Closed	2:00pm - 5:00pm	Closed
		5:15pm - 6:15pm	*Swim Lessons 5 lanes Adult lap swim 3 lanes	5:15pm - 6:15pm	*Swim Lessons 5 lanes Adult lap swim 3 lanes	5:15pm - 6:15pm	*Swim Lessons 5 lanes Adult lap swim 3 lanes
		6:15pm - 9:00 pm	Lap/Open swim	6:15pm - 9:00pm	Lap/Open swim	6:15pm - 9:00 pm	Lap/Open swim
Thursday		Friday		Saturday		Fitness Center	
6:00am - 8:30am	Adult lap swim	6:00am - 8:30am	Adult lap swim	6:00am - 7:30am	Adult lap swim	Mon - Fri	6:00 to 1:00 pm 5:00pm to 9:00pm
9:30am - 2:00pm	Lap & Open Swim	9:30am - 2:00pm	Lap & Open Swim	7:30 am - 9:00 am	Youth Swim team	Saturday	6:00 to 8:00 am 9:00 am to 4:00pm
2:00pm - 5:00pm	Closed	2:00pm - 5:00pm	Closed	9:00 am - 7:00 pm	Lap/Open swim	Sunday	1:00 pm - 5:00pm
5:15pm - 6:15pm	*Swim Lessons 5 lanes Adult lap swim 3 lanes	5:00pm - 6:00pm	Adult Lap Swim				
6:15pm - 9:00 pm	Lap/Open swim	6:00pm - 9:00pm	Lap/Open swim				

Closed 7/4.  
 Closed 8/14 thru 8/20  
 Closed 9/6/2010