

NOVEMBER 2009 SCHEDULE RALEIGH RUNNELS MEMORIAL POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 1 12p-7p 12-2pm LC 2-7pm SC 5-7pm Wom Polo Pract <i>Daylight Savings Ends Clocks back 1 hour</i>	November 2 7a-8p 7-10am Swim/Polo HPU 10-12pm Dive Pract 1-2:30pm WP Pract 2:30-4:30pm Swim Pract 4:30-5:30pm Mstrs Swim 6:15-8pm Wom Polo Pract 6-8pm Lap Swim	November 3 7a-8p 7-10am WP Pract HPU 10-12pm Dive Pract 1:30-2:30pm WP Pract 2:30-4:30pm Swim Pract 4:30-5:30pm Mstrs Swim 4:45-6pm Jr. Kids Swim 6-8pm Lap Swim	November 4 7a-8p 7-10am Swim/Polo HPU 10-11am Convo (Closed) 11-1pm Dive & Triath Class 1:30-2:30pm WP Pract 2:30-4:30pm Swim Pract 5:15-6:15pm Aqua Aerob 6:15-8pm Wom Polo Pract 6-8pm Lap Swim	November 5 7a-8p 7-10am WP Pract HPU 10-12pm Dive Pract 1-2:30pm WP Pract 2:30-4:30pm Swim Pract 4:30-5:30pm Mstrs swim 4:45-6pm Jr. Kids Swim HPU 6-8pm Lap Swim	November 6 7a-7p 7-10am Swim/Polo HPU 9-10am Adapt Aquatics 10-12pm Dive Pract 1-2:30pm Polo Pract HPU 2:30-4:30pm Swim Pract 5-7pm Open lap Swim	November 7 4p-7p WATER POLO GAMES (Closed) PEP vs PACIFIC 12pm PEP vs CONCORDIA 2pm 4-7pm Pool Open
November 8 12p-7p 12-2pm LC 2-7pm SC 5-7pm Wom Polo Pract	November 9 7a-8p 7-10am Swm/Polo HPU 10-12pm Dive Pract 1-2:30pm WP Pract 2:30-4:30pm Swm Pract 4:30-5:30pm Mstrs Swim 6:15-8pm Wom Polo Pract 6-8pm Lap Swim	November 10 7a-8p 7-10am WP Pract 10-12pm Dive Pract 1:30-2:30pm WP Polo Pract 2:30-4:30pm Swim Pract 4:30-5:30p mstrs swim HPU 4:45-6pm Jr kids swim 6-8pm Lap swim	November 11 7a-8p 7-10am Swim/Polo HPU 10-11am Convo (Closed) 11-1pm Dive & Triath Class 1:30-2:30pm WP Pract 2:30-4:30pm Swim Pract 5:15-6:15pm Aqua Aerobics 6:15-8pm Wom Polo Pract	November 12 7a-8p 7-10pm WP Pract HPU 10-12pm Dive Pract 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 4:45-5:30p mstrs swim HPU 4:45-6pm Jr. kids swim 6-8pm Lap swim	November 13 7a-7p 7-10am Swim/Polo HPU 9-10am Adapt Aquatics 10-12pm Dive Pract 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 5-7pm Open lap swim	November 14 11a-7p 11-1pm LC 1-7pm SC
November 15 12p-7p 12-2pm LC 2-7pm SC 5-7pm Wom Polo Pract	November 16 7a-8p 7-10am Swim/Polo HPU 10-12pm Dive Pract 1-2:30pm WP Pract 2:30-4:30pm Swim Pract 4:30-5:30p Mstrs swim HPU 6:15-8pm Wom Polo Pract 6-8pm Lap Swim	November 17 7a-8p 7-10am WP Polo Pract 10-12pm Dive Pract 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 4:30-5:30p mstrs swim HPU 4:45-6pm Jr kids swim 6-8pm Lap Swim	November 18 7a-8p 7-10am Swim/Polo HPU 10-11am Convo (Closed) 11-1pm Dive & Triath Class 1-2:30pm WP Pract HPU 2:30-4:30pm Swm Pract 5:15-6:15pm Aqua Aerobics 6:5-8pm Wom Polo Pract	November 19 7a-8p 7-10am WP Pract HPU 10-12pm Dive Pract 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 4:30-5:30p mstrs swim HPU 4:45-6pm Jr. kids mstrs swim 6-8pm Lap Swim	November 20 7a-7p 7-10am Swim/Polo HPU 9-10am Adap Aquatics 10-12pm Dive Pract 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 5-7pm Lap Swim	November 21 3p-7p WATER POLO GAME (Closed) PEP vs UCSB 12pm 3-7p Pool Open
November 22 12p-7p 12-2pm LC 2-7pm SC 5-7pm Wom Polo Pract	November 23 7a-8p 7-10am Swim/Polo HPU 10-12pm Dive Pract 1-2:30pm WP Pract 2:30-4:30pm Swim Pract 4:30-5:30p Mstrs swim HPU 6:15-8pm Wom Polo Pract	November 24 7a-8p 7-10am WP Pract HPU 10-12pm Dive Pract 1-2:30pm Polo Pract HPU 2:30-4:30pm Swm Pract 4:30-5:30p mstrs swim HPU 4:45-6pm Jr. kids swim 6-8pm Open Lap Swim	November 25 7a-8p 7-10am Swim/Polo Pract 10-11am Convo (Closed) 11-1pm Dive & Triath Class 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 5:15-6:15 Aqua Aerobics 6:15-8pm Wom Polo Pract	November 26 THANKSGIVING DAY POOL CLOSED	November 27 THANKSGIVING HOLIDAY POOL CLOSED	November 28 12p-5p 12-5pm Pool Open
November 29 12p-5p 12-5pm Pool Open	November 30 7a-8p 7-10am Swim/Polo HPU 10-12pm Dive Pract 1-2:30pm WP Pract HPU 2:30-4:30pm Swim Pract 4:30-5:30p Mstrs swim HPU 6-8pm Wom Polo Pract					

NOTES: SC = Short Course; LC = Long Course (LAP SWIM ONLY); HPU = Heavy Pool Usage; CONVOCAION (CHAPEL) WED (10-11am POOL CLOSED)
WOMEN'S SWIMMING: MWF (7am-8am) MTWThF (2:30-4:30pm) WOMEN'S DIVING MTThF (10am -12pm) WED (11-1pm)
MEN'S WATER POLO PRACT: MTWThF (7am to 10am & 1-2:30pm) TRIATHLON CLASS (WED 11am to 1pm)
MASTERS SWIM: MWF (7am to 8am) MTTT (4:30pm to 5:30pm) WATER AROBICS WED (5:15pm -6:15pm)
KIDS JR MASTERS SWIM CLASS Tue & Thur (4:45-6pm); POOL CLOSSES @ (9pm Mon thru Thur) (7 pm Fri, Sat, Sun)
EMERGENCY (PUBLIC SAFETY 310-506-4441) SCHEDULE IS SUBJECT TO CHANGE