



# PLAYA VISTA SWIMMING

## SPRING 2017 WORKOUT SCHEDULE As of 4/1/17

### PROGRAMS AT CENTREPOINTE CLUB POOL

TIME	MON	TUE	WED	THU	FRI	SAT
<b>MORNING</b>						
06:30	<a href="#">Triathlon Masters Swim Fit</a>		<a href="#">Triathlon Masters Swim Fit</a>		<a href="#">Triathlon Masters Swim Fit</a>	
06:45						
07:00						
07:15						
<b>MID-DAY</b>						
12:00		<a href="#">Swim Fit *</a>		<a href="#">Swim Fit *</a>		
12:15						
12:30						
12:45						
<b>AFTERNOON</b>						
3:00		<a href="#">Guppies</a>		<a href="#">Guppies</a>		
3:15						
3:30	<a href="#">Otters</a>	<a href="#">Guppies</a>	<a href="#">Otters</a>	<a href="#">Guppies</a>		
3:45						
4:00		<a href="#">Junior Lifeguard Prep</a>		<a href="#">Junior Lifeguard Prep</a>		
4:15						
4:30	<a href="#">Dolphins</a>		<a href="#">Dolphins</a>			
4:45						
5:00						
5:15						

\* Coming soon

Lessons are available anytime Monday to Friday, and Saturday mornings  
Closed Sundays