

# HOUSTON LEISURE FACILITY

August 6 – September 5 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Hours Monday - Friday 6:00a.m - 9:00p.m  Saturday 12:00 - 6:00p.m  Sunday 12:00 - 4:00p.m	Aqua Fit 6:00- 6:45am	Lane Swim 6:00a.m - 12:00a.m	Aqua Fit 6:00- 6:45am	Lane swim 6:00 - 12:00a.m  Swim Lessons 10:00 - 12:00p.m	Aqua Fit 6:00- 6:45am	
	Lane Swim 6:45 - 9:00a.m		Lane Swim 6:45 - 9:00a.m		Lane Swim 6:45 - 9:00a.m	
	Seniors Aqua Fit 9:00 - 10:00a.m	Swim Lessons 10:00 - 12:00p.m	Seniors Aqua Fit 9:00 - 10:00a.m		Seniors Aqua Fit 9:00 - 10:00a.m	
	Lane Swim Swim Lessons 10:00 - 12:00p.m		Lane Swim Swim Lessons 10:00 - 12:00p.m		Lane Swim Swim Lessons 10:00 - 12:00p.m	
Public Swim 12:00 - 4:00p.m	Public Swim 12:00 - 9:00p.m	Public Swim 12:00 - 8:00p.m	Public Swim 12:00 - 9:00p.m	Public Swim 12:00 - 9:00p.m	Public Swim 12:00 - 9:00p.m	Public Swim 12:00 - 6:00p.m
		Adult Swim 8:00 - 9:00p.m	Adult Swim 8:00 - 9:00p.m			

Please ask us about all our upcoming programs at the Houston Leisure Facility. Phone: 250-845-7420

\*Schedule subject to change without notice.\*

