

# FALL AQUATIC SCHEDULE

AS OF OCT. 10TH 2011

TIME:	MON:	TUES:	WED:	THURS:	FRI:	SAT:	SUN:
6:00-8:45AM	LAP	LAP	LAP	LAP	LAP	7AM LAP (4) MASTERS (4) 7-8:30AM	7AM LAP
8:50-9:50AM	LAP (4) AQUA (4) 8:50-9:50AM	LAP	LAP (4) AQUA (4) 8:50-9:50AM	LAP	LAP (4) AQUA (4) 8:50-9:50AM	LAP (4) AQUA (4) 8:50-9:50AM	LAP
10:10-11:10AM	LAP (4) AQUA (4)	LAP (4) AQUA (4)	LAP (4) AQUA (4)	LAP (4) AQUA (4)	LAP (4) AQUA (4)	LAP (6) AQUA (4)	LAP (4) AQUA (4)
11:10-12:55PM	LAP	LAP	LAP	LAP	LAP	LAP (6) LESSONS (2) TILL 1PM	LAP 11-12PM
1PM-2:55PM	LAP (2) OPEN	LAP (2) OPEN	LAP (2-3) AQUA THERAPY OPEN (3) OPEN (2-4)	LAP (2) OPEN	LAP (2) OPEN	LAP (4-6) OPEN (2-4) 12NOON- 5:45PM	LAP (4-6) OPEN (2-4) 12NOON- 5:15PM
3:00-3:25	LAP (4-6) OPEN (2-4)	LAP (4-6) OPEN (2-4)	LAP (4-6) OPEN (2-4)	LAP (4-6) OPEN (2-4)	LAP (4-6) OPEN (2-4)	<p><b>WE WILL BE HOSTING THE VIEWPOINT CHAMPIONSHIP SWIM MEET ON THURSDAY NOV. 3RD. THE POOL &amp; POOL AREA WILL BE CLOSED FROM: 11:45AM-5PM DURING BUSY LAP SWIM TIMES PLEASE CIRCLE SWIM 3+ SWIMMERS</b></p>	
3:30-3:55PM	LAP (2) OPEN (3) TEAM (3)	LAP (2) OPEN (3) TEAM (3)	LAP (2) OPEN (3) TEAM (3)	LAP (2) OPEN (3) TEAM (3)	LAP (4-6) OPEN (2-4)		
4:00-5:25	LAP (3) OPEN (2) TEAM (3)	LAP (2) OPEN (3) TEAM (3)	LAP (3) OPEN (2) TEAM (3)	LAP (2) OPEN (3) TEAM (3)	LAP (4-6) OPEN (2-4)		
5:30-6:30	LAP (5) TEAM (3)	AQUA (3) LAP (2) TEAM (3)	LAP (5) TEAM (3)	AQUA (3) LAP (2) TEAM (3)	LAP (4-6) OPEN (2-4)		
6:35-8:30PM	LAP (2-3) OPEN (2-3) TEAM (3) TIL 6:30PM	LAP (2-3) OPEN (2-3) MASTERS (3) 6:30-7:45PM	LAP (2) OPEN (2-3) TEAM (3) TILL 6:30PM	LAP (2-3) OPEN (2-3) MASTERS (3) 6:30-7:45PM	LAP (4-6) OPEN (2-4)		

**THE CALABASAS LAGOON AND TIKI**

**ARE NOW CLOSED**

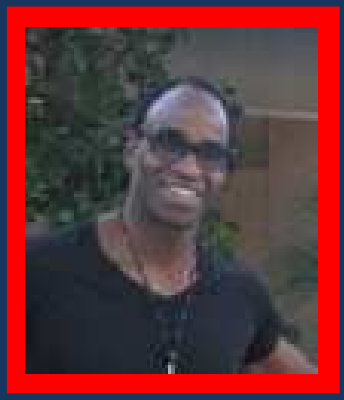
**FOR THE OFF SEASON.**

**THANK YOU VERY MUCH FOR ANOTHER FUN AND MEMORABLE SEASON.**

**SEE YOU NEXT YEAR!**

**HOLIDAY HOURS ARE APPROACHING.**

**PLEASE STAY TUNED!**



# COACH'S CORNER

SUMMER 2011

## COACH'S MOTIVATION

**DESIGN A FITNESS SCHEDULE FOR THE MONTH AND BREAK IT DOWN BY WEEK AND WORKOUTS. KEEP WORKOUTS VARIED & FUN! IF YOU GET BORED, CHANGE OUT A WORKOUT WITH A NEW FITNESS CLASS! ACCOMPLISH SMALLER GOALS ALONG THE WAY TO MEETING YOUR MAIN GOAL.**



**SWIM TIP: KEEP A SMOOTH, MODERATE, STREAMLINE POSITION. DO NOT FIGHT THE WATER.**

**300 FREESTYLE (WARM-UP, NON-STOP)**

**KICK 500 FREESTYLE WITH FINN,**

**300 FREESTYLE PULLING, NO KICKING**

**300 DRILL, SLOW DOWN FOCUS ON TECHNIQUE**

**FINISH WITH SOME SPRINTS AND A SLOW COOL DOWN.**



**FRUIT IS ALSO GREAT GRILLED!**

**APRICOTS, PINEAPPLES, APPLES AND PEACHES!**

**MAKE GREAT DESERTS & SNACKS!**

## SUMMER TIME GRILLING!

**FAVORITE GRILLED DISHES CAN INCLUDE:**

**TERIYAKI GRILLED CHICKEN, CHICKEN/BEEF/VEGGIES KABOBS, TURKEY BURGERS, AND SALMON.**

**DON'T FORGET THE VIGGIES!**

**BELL PEPPERS, ROASTED CORN, MUSHROOMS, AND ONIONS ARE GREAT GRILLED!**

