

Fitness and Recreation Center May 2018 Pool Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|-----------------------|------------------------|-----------------------|------------------------|-------------------|----------------|
| 7:00 AM – 12:00 PM | 7:00 AM – 9 AM | 7:00 AM – 12:00 PM | 7:00 AM- 9:00AM | 7:00 AM – 12:00 PM | 7:00 AM – 1:00 PM | 1:00 – 4:00 PM |
| Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 10:00 – 11:00 AM | 9:00AM-10:00AM | 10:00AM – 11:00 AM | 9:00AM – 10:00AM | 10:00AM – 11:00AM | 1:30-3:30 PM | |
| Shallow Water Aerobics | Deep water aerobics | Shallow Water Aerobics | Deep water aerobics | Shallow Water Aerobics | Pool Party | |
| 12:00 – 5:30 PM | 10:00AM – 5:30PM | 12:00 – 5:30 PM | 10:00AM-5:30PM | 12:00 – 5:30 PM | | |
| Pool Closed | Wellness in the Water | Pool Closed | Wellness in the Water | Pool Closed | | |
| 5:30-8:00PM | 5:30 – 6:30 PM | 5:30-8:00PM | 5:30 – 6:30 PM | 5:30 – 8:00 PM | | |
| Open Swim | Public Swim lessons | Open Swim | Public Swim Lessons | Open Swim | | |
| | 5:30-6:30 PM | | 5:30- 6:30 PM | | | |
| | Deep Water Aerobics | | Deep Water Aerobics | | | |
| | 6:30-8:00 PM | | 6:30-8:00 PM | | | |
| | Open Swim | | Open Swim | | | |

- 1 Lap Swim during water aerobics
- Due to the variety of programs being offered in the pool, the water temperature cannot be guaranteed and may vary daily. On the days Wellness in the Water is on the schedule, the pool temperature should range from 87-90 degrees. On the other days of the week, the pool temperature should range from 82-85 degrees.