



# Fitness and Recreation Center March 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		
5:00-6:00PM	5:30 – 6:30 PM	5:00-6:00PM	5:30 – 6:30 PM	5:30 – 8:00 PM		
Swim Lessons	Deep Water Aerobics	Swim Lessons	Deep Water Aerobics	Open Swim		
5:30 – 8:00 PM	6:30 – 8:00 PM	5:30 – 8:00 PM	6:30 – 8:00 PM			
Open Swim	Open Swim	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.