

MAC Indoor Pool Schedule

Sept. 09

***This pool is shared between our MAC programs & FIT members, we can not guarantee a lane will always be open during swim lesson times**

Private swim lessons, camp & swim parties may also be scheduled during opening hours

	Sunday	Monday	Tuesday	Wednesdy	Thursday	Friday	Saturday	
6:00-6:30								
6:30-7:00								
7:00-7:30		Water Power		Water Power		Water Power		
7:30-8:00		Aquatics		Aquatics		Aquatics		
8:00-8:30		Aqua	Aqua	Aqua	Aqua	Aqua		Anything
8:30-9:00		Class	Class	Class	Class	Class		Goes
9:00-9:30		Over 50	Water Power	Over 50	Aquacise	Over 50		
9:30-10:00		& FIT	Aquatics	& FIT	Class	& FIT		
10:00-10:30		Aquacise Class		Aquacise Class		Aquacise Class		
10:30-11:00		(10:10-11:10)		(10:10-11:10)		(10:10-11:10)		
11:00-11:30		Swim Lesson	Soft		Soft			
11:30-12:00	(11:15-11:45)	Joints		Joints				
12:00-12:30								
12:30-1:00								
1:00-1:30								
1:30-2:00								
2:00-2:30								
2:30-3:00								
3:00-3:30								
3:30-4:00								
4:00-4:30								
4:30-5:00		Swim	Swim	Swim	Swim			
5:00-5:30		Lessons	Lessons	Lessons	Lessons			
5:30-6:00		Lessons	until 6:00	Lessons	until 6:00			
6:00-6:30			Intervel		Intervel			
6:30-7:00			5:45-6:45		5:45-6:45			
7:00-7:30								
7:30-8:00								
8:00-8:30								
8:30-9:00								

