



# Pool Activity Schedule through November 16, 2018



All aquatic program times may be altered without notice.

Check in with the lifeguard upon arrival to determined space available or call 778-7495.

r/9/27/2018

Schedule Questions? Contact Jennifer Pageot, Manager of Aquatics

778-7437, jennifer.pageot@maine.edu

Highlighted = Pool section closed to general swimmers.

\*\* Confirm class offering through group fitness schedule

	Monday				Tuesday				Wednesday				Thursday				Friday			Saturday			Sunday																
	6am - 9:30pm				6am - 9:30pm				6am - 9:30pm				6am - 8:30pm				6am - 8:30pm			8:30am-8:30pm			9:30am-9:30pm																
	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1											
6am																					Pool Opens at 8:30am.																		
7am	**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30																														
8am					FMH PT 8:00-9:00																																		
9am																																							
10am					Rental 9:15 - 10:30																								9:45-10:30 Water Workout										
11am					10:30-11:30 Water Exercise				10:30-11:00 Water HITT				10:30-11:30 Water Exercise				10:30-11:00 Water Strength												Swim Lessons 9:45-11:30am Begin 10/21										
12pm													Rental 12:00 - 1:00																										
1pm																																							
2pm																																							
3pm																																							
4pm	ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:30																						
	P&M Swim 4-5pm Begins 10/22				P&M Swim 4-5pm Begins 10/23				P&M Swim 4-5pm Begins 10/24																														
5pm	Swim Lessons 5:15-6pm Begins 10/22				5:30-6:15 Aqua Zumba				Swim Lessons 5:15-6pm Begins 10/24				5:30-6:15 Water Workout																										
6pm																																							
					Swim Lessons 6- 7pm Begins 10/22				Swim Lessons 6- 7pm Begins 10/24				UMF Outing Club 6:30-8:30p																										
7pm																																							
8pm																																							
9pm																																							
	Closed at 9:30pm				Closed at 9:30pm				Closed at 9:30pm				Closed at 9:30pm				Closed at 8:30pm			Closed at 8:30pm			Closed at 9:30pm																