



Pool Activity Schedule through October 20, 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:9/4/2018

Schedule Questions? Contact Jennifer Pageot, Manager of Aquatics
 778-7437, jennifer.pageot@maine.edu

Highlighted = Pool section closed.

** 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, however, note swim lesson dates/time below.																		
7am	**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30																						
8am					FMH PT 8:00-9:00												FMH PT 8:00-9:00																						
9am																																							
10am					Rental 9:15 - 10:30																								9:45-10:30 Water Workout										
					10:30-11:30 Water Exercise				10:30-11:00 Water HITT				10:30-11:30 Water Exercise				10:30-11:00 Water Strength																						
11am																																							
12pm													Rental 12:00 - 1:00																										
1pm																																							
2pm																																							
3pm	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																						
4pm																																							
5pm					5:30-6:15 Aqua Zumba								5:30-6:15 Water Workout																										
6pm																																							
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														