



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 11/10/2018

Highlighted = Pool section open to program participants only

207.778.7437, jennifer.pageot@maine.edu

** 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.	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1									
7am	HT Water Exercise 7:30-8:30								HT Water Exercise 7:30-8:30																									Pool Opens at 9:30am for programs, 11:30am for general swim.	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1
8am					FMH PT 8:00-9:00																																					
9am																					Swim Lessons 9:45-11:30am	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1													
10am					Rental 9:15 - 10:30																									10-11 12/7,12/14, 12/21 11-12p 11/30, 12/14	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1				
11am					10:30-11:30 Water Exercise				10:30-11:00 Water HITT				10:30-11:00 Water Exercise																										Rental 12:00 - 1:00	Open Area	Lane 3	Lane 2
12pm																					ASP Swim 3:30 - 4:30	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1													
1pm																														ASP Swim 3:30 - 4:30	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1				
2pm																																							ASP Swim 3:30 - 4:30	Open Area	Lane 3	Lane 2
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								P&M Swim 4:35-5:05pm	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1													
4pm																														Swim Lessons 5:15-6pm Ends 11/12	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1				
5pm																																							Swim Lessons 5:15-7pm	Open Area	Lane 3	Lane 2
6pm	Swim Lessons 6-7pm																				Swim Lessons 5:15-6pm Ends 11/14	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1													
7pm																														5:30-6:15 Water Workout	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1				
8pm																																							Special Event: Battleship! 11/13 & 12/4 7:30pm Deep end available for use only	Open Area	Lane 3	Lane 2
9pm																					UMF Outing Club 7:30-9:00p	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1													
																														Closed at 8:30pm	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1				
																																							Closed at 8:30pm	Open Area	Lane 3	Lane 2
																					Closed at 9:30pm	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1													
																														Closed at 9:30pm	Open Area	Lane 3	Lane 2	Lane 1	Open Area	Lane 3	Lane 2	Lane 1				
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