



Winter Break Pool Activity Schedule through January 21, 2019



Winter break is a quite time in the pool. Most often there is ample space.

**** Confirm class offering through the Group Fitness schedule**

Schedule Questions? Contact 778-7495 or jennifer.pageot@maine.edu

	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday									
	6am - 8:30pm				6am - 8:30pm				6am - 8:30pm				6am - 8:30pm				6am - 7:30pm				8:30am-7:30pm				10:30am-8:30pm									
	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3						
6am																					Pool Opens at 8:30am	Open Area	Lane 1	Lane 2	Lane 3	Open Area	Lane 1	Lane 2	Lane 3					
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 till 9am												Pool Opens at 9:30am	Open Area	Lane 1	Lane 2	Lane 3	
9am					Rental 9:15 - 10:00				**Water Workout 9:15-10:00																									*Water Exercise 9:35-10:45
10am									Rental 10:00-11:00 1/2 only												Rental 10:00-11:00 1/4 & 1/18 only	** Water Strength 10:30-11:00 In lanes when rentals are in open area.												
11am					**Water Workout 10:30-11:30								**Water Workout 10:30-11:30								Rental 11:00-12:00 1/11 only													
12pm													Rental 12:00-1:00																					
1pm																																		
2pm																																		
3pm																																		
4pm																																		
5pm																																		
6pm																																		
7pm																																		
8pm																																		
9pm	Closed at 8:30pm				Closed at 8:30pm				Closed at 8:30pm				Closed at 8:30pm				Closed at 7:30pm				Closed at 7:30pm				Closed at 8:30pm									