



# Spring Pool Activity Schedule 2019

All aquatic program times may be altered without notice.

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



Schedule Questions? Contact Jennifer Pageot, Manager of Aquatics

Highlighted = Pool section closed to general swim.

r.1/17/2019

778-7437, jennifer.pageot@maine.edu

\*\* Confirm class offering through group fitness schedule

	Monday 6am - 8:30pm				Tuesday 6am - 8:30pm				Wednesday 6am - 8:30pm				Thursday 6am - 8:30pm				Friday 6am - 6:30pm				Saturday 8:30am-6:30pm				Sunday 9:30am-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				
<b>6am</b>																																
<b>7am</b>	**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30															
<b>8am</b>					FMH PT 8:00-9:00												FMH PT till 9am															
<b>9am</b>					Rental 9:15 - 10:00																											
<b>10am</b>	**Water HIIT 10:30-11:00										Rental 10:00-11:00 2/6,3/6,4/3,5/1						**Water Strength 10:30-11:00				Rental 10:00-11:00 2/1,2/8,2/15,3/1,3/15,3/29,4/5,4/12,4/26,5/3								** Water Workout 9:45-10:45			
<b>11am</b>									**Aqua Zumba 10:30-11:30								Rental 11:00-12:00 1/25,2/15,3/1,3/15,3/29,4/12,4/26,5/3,5/10												**Aqua Yoga 11:00-11:30			
<b>12pm</b>													Rental 12:00 - 1:00																			
<b>1pm</b>																																
<b>2pm</b>																																
<b>3pm</b>																																
<b>4pm</b>					Rental 4:00-5:00								Begins 2/28	** Water Workout 4:05-4:50																		
<b>5pm</b>	Begins 2/25 Pool Closed 4:15-6:30 Swim Lessons in Session				**Aqua Zumba 5:30-6:15				Begins 2/27 Pool Closed 4:15-6:30 Swim Lessons in Session																							
<b>6pm</b>									**Aqua Yoga 6:30-7:00																							
<b>7pm</b>																																
<b>8pm</b>																																
<b>9pm</b>	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				Closed at 9:30pm			