



# 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. 3/13/2019

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				
6am																																
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															
9am					Rental 9:15 - 10:00																											
10am	**Water HIIT 10:30-11:00										Rental 10:00-11:00 4/3,5/1						**Water Strength 10:30-11:00						Rental 10:00-11:00 3/15,3/29,4/5,4/1 2,4/26,5/3						** Water Workout 9:45-10:45			
11am									**Aqua Zumba 10:30-11:30								Rental 11:00-12:00 3/15,3/29,4/12,4/2 6,5/3,5/10												**Aqua Yoga 11:00-11:30			
12pm													Rental 12:00 - 1:00																			
1pm																																
2pm																																
3pm																																
4pm					Rental 4:00-5:00								Begins 2/28																			
5pm																																
6pm					**Aqua Zumba 5:30-6:15																											
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							