



Pool Activity Schedule Fall Semester 2019



All aquatic program times may be altered without notice.
 Call 207.778.7495 to determine available space or check in with the lifeguard upon arrival.

r.8/30/2019

Highlighted = Pool section open to program participants only

** Confirm class offerings 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																																	
7am	**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30								**HT Water Exercise 7:30-8:30								Pool Opens at 8:30am.				Pool Opens at 9:30am for programs, 11:30am for general swim.				
8am					FMH PT 8:00-9:00								9/26-11/14				FMH PT 8:00-9:00																
9am					Rental 9:15 - 10:30								Highlighted space Closed																				
10am	**Water HITT 10:30-11:00												Swim Lessons 8:30-11:00				Rental 10-11 9/27																
11am																	Rental 11-12 9/6,9/20, 10/4																
12pm													Rental 12:00 - 1:00																				
1pm																																	
2pm																																	
3pm	ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:20				ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:30				ASP Swim 3:30 - 4:30																
4pm																													9/29-11/24				
5pm	10/21-11/13 Pool Closed				** Aqua Zumba till 9/24 5:30-6:15	10/1-11/19 Pool Closed Swim Lessons 4:20-6:10p				10/21-11/13 Pool Closed																Pool Closed Swim Lessons 4:30-6:10p							
6pm	Swim Lessons 5:00-6:46pm								Swim Lessons 5:00-6:46pm																								
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								