



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.10/1/2019

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				
6am																												
7am	**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								**HT Water Exercise 7:30-8:30				FMH PT 8:00-9:00											
9am					Rental 9:15 - 10:30								Pool Closed 9:00-10:00				Open Area Rental 9:30-10:30 10/19,11/1, 11/15,12/13											
10am	**Water HITT 10:30-11:00								**Aqua Zumba 10:30-11:15				Swim Lessons 8:30-10:45				**Water strength 10:30-11:00				Open Area Rental 10-11 10/25,11/8				** Water Workout 10:00-11:00			
11am									Open Area Rental 11-12 10/9,10/30,1/13, 12/11								Open Area Rental 11-12 10/4, 10/18,11/1											
12pm													Rental 11:45 - 1:15															
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					Open Area Closed 4:20-5:15 Swim Lessons																							
5pm	Begins 10/21 Pool Closed					Lap Lanes Closed 4:20-6:00			Begins 10/21 Pool Closed																			Pool Closed Swim Lessons 4:30-6:10p
6pm	Swim Lessons 5:00-6:46pm								Swim Lessons 5:00-6:46pm					UMF Swim Club														
7pm	Kayak Night UMF Outing Club 7:00 - 9:00	UMF Swim Club																										
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			