

FAC Aquatic Schedule

January 1st – May 31st, 2017

Monday	Water Aerobic Classes	Open Swim
	7-8am Early Dippers <i>Water Aerobics</i> 9-10am Cardiodelites <i>Water Aerobics</i> 10-11am Silver Sneaker Splash <i>Water Aerobics</i> 11am-12pm Willing Wonders <i>Water Aerobics</i> 6-7pm Cardiodelites <i>Water Aerobics</i>	<u>Main Pool:</u> 5:30am-4pm Closed 4-6pm 6-8:45pm <u>Frog Pool:</u> 12-8:45pm
Tuesday	9-10am Deep Water <i>Aerobics</i> 10-11am Silver Sneaker Splash <i>Water Aerobics</i> 11-12am Arthritis Foundation Aquatic Program 5:30-7:40pm Group Swim Lessons 6-7pm Cardiodelites <i>Water Aerobics</i> 7-8pm Cardiodelites <i>Water Aerobics</i>	<u>Main Pool:</u> 5:30-4pm Closed 4-6pm 6-8:45pm <u>Frog Pool:</u> 12-8:45pm
Wednesday	7-8am Early Dippers <i>Water Aerobics</i> 9-10am Cardiodelites <i>Water Aerobics</i> 10-11am Silver Sneaker Splash <i>Water Aerobics</i> 11am-12pm Willing Wonders <i>Water Aerobics</i>	<u>Main Pool:</u> 5:30-4pm Closed 4-6pm 6-8:45pm <u>Frog Pool:</u> 12-8:45pm
Thursday	7-8am Early Dippers <i>Water Aerobics</i> 9-10am Deep Water <i>Aerobics</i> 10-11am Silver Sneaker Splash <i>Water Aerobics</i> 11-12am Arthritis Foundation Aquatic Program 5:30-7:40pm Group Swim Lessons 6-7pm Cardiodelites <i>Water Aerobics</i> 7-8pm Cardiodelites <i>Water Aerobics</i>	<u>Main Pool:</u> 5:30-4pm Closed 4-6pm 6-8:45pm <u>Frog Pool:</u> 12-8:45pm
Friday	9-10am Cardiodelites <i>Water Aerobics</i> 10-11am Silver Sneaker Splash <i>Water Aerobics</i> 11am-12pm Willing Wonders <i>Water Aerobics</i>	<u>Main Pool:</u> 5:30-4pm Closed 4-6pm 6-8:45pm <u>Frog Pool:</u> 12-8:45pm
Saturday	9-10am Saturday Sizzlers <i>Water Aerobics</i> 9-11:30am Group Swim Lessons	<u>Main Pool:</u> 8am-8:45pm <u>Frog Pool:</u> 8am-8:45pm
Sunday		<u>Main Pool:</u> 1-5:45pm <u>Frog Pool:</u> 1-5:45pm

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Monday	Swim Team Practices	Open Lap Lanes
	5:30-7:00am Swim Team (3-5 Lanes) 4:00-5:30pm Swim Team (7 Lanes) 5:30-7:00pm Swim Team (5 Lanes) 7:00-7:30pm Swim Team (3 Lanes)	5:30-7:00am 3 Lap Lanes 7:00am-4:00pm 5 Lap Lanes 4:00-7:00pm 1 Lap Lane 7:00-7:30pm 2 Lap Lanes 7:30-8:45pm 5 Lap Lanes
Tuesday	5:30-7:00am Swim Team (3-5 Lanes) 4:00-5:30pm Swim Team (7 Lanes) 5:30-7:00pm Swim Team (5 Lanes) 7:00-7:30pm Swim Team (3 Lanes)	5:30-7:00am 3 Lap Lanes 7:00am-4:00pm 5 Lap Lanes 4:00-7:00pm 1 Lap Lane 7:00-7:30pm 2 Lap Lanes 7:30-8:45pm 5 Lap Lanes
Wednesday	5:30-7:00am Swim Team (3-5 Lanes) 4:00-5:30pm Swim Team (7 Lanes) 5:30-7:00pm Swim Team (5 Lanes) 7:00-7:30pm Swim Team (3 Lanes)	5:30-7:00am 3 Lap Lanes 7:00am-4:00pm 5 Lap Lanes 4:00-7:00pm 1 Lap Lane 7:00-7:30pm 2 Lap Lanes 7:30-8:45pm 5 Lap Lanes
Thursday	5:30-7:00am Swim Team (3-5 Lanes) 4:00-5:30pm Swim Team (7 Lanes) 5:30-7:00pm Swim Team (5 Lanes) 7:00-7:30pm Swim Team (3 Lanes)	5:30-7:00am 3 Lap Lanes 7:00am-4:00pm 5 Lap Lanes 4:00-7:00pm 1 Lap Lane 7:00-7:30pm 2 Lap Lanes 7:30-8:45pm 5 Lap Lanes
Friday	5:30-7:00am Swim Team (3-5 Lanes) 4:00-5:30pm Swim Team (7 Lanes) 5:30-7:00pm Swim Team (5 Lanes) 7:00-7:30pm Swim Team (3 Lanes)	5:30-7:00am 3 Lap Lanes 7:00am-4:00pm 5 Lap Lanes 4:00-7:00pm 1 Lap Lane 7:00-7:30pm 2 Lap Lanes 7:30-8:45pm 5 Lap Lanes
Saturday	10am-12pm Swim Team (5 Lanes)	8:00-10:00am 5 Lap Lanes 10:00am-12:00pm 1 Lap Lane 12:00-8:45pm 5 Lap Lanes
Sunday		1:00-5:45pm 5 Lanes

Swim Meet Dates:
January 4th, January 18th, & January 28th