

FAC Aquatic Schedule September - December, 2017

Monday	Water Aerobic Classes	Pool Hours
	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>Monday – Friday</u> <i>Lap & Lesson Pool:</i> OPEN 5:30am-9am CLOSED 9am-12pm OPEN 12pm-8:45pm
Tuesday	8:30-9:30am 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>	<i>Frog Pool:</i> OPEN 5:30-9am CLOSED 9am-12pm OPEN 12-5pm CLOSED 5-7pm OPEN 7-8:45pm
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>	<i>Splash Pool:</i> OPEN 10am-6:45pm
Thursday	7-8am Early Dippers <i>Water Aerobics</i> 8:30-9:30am 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>Saturday:</u> <i>Main Pool:</i> OPEN 8am-8:45pm <i>Frog Pool:</i> OPEN 8am-8:45pm <i>Splash Pool:</i> OPEN 10am-6:45pm
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>Sunday:</u> <i>Main Pool:</i> OPEN 1-5:45pm <i>Frog Pool:</i> OPEN 1-5:45pm <i>Splash Pool:</i> OPEN 1-5:45pm
Saturday	9-10am Saturday Sizzlers <i>Water Aerobics</i>	
Sunday		

FAC Aquatic Schedule September 5th - December 2017

Monday	Swim Team Practices	Open Lap Lanes
	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:30pm - 7:30pm swim team (5 lanes) 7:00pm-7:30pm swim team (3 lanes)	5:30-7:00am 2-5 Lanes 7:00-9:00am 2 Lanes 9:00am-12:00pm 3 Lanes 12:00pm-4:00pm 4 Lanes 4:30pm – 7:30pm 1 Lane 7:00-8:45pm 5 Lanes
Tuesday	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:30pm - 7:30pm swim team (5 lanes) 7:00pm-7:30pm swim team (3 lanes)	5:30-7:00am 2-5 Lanes 7:00-9:00am 2 Lanes 9:00am-12:00pm 3 Lanes 12:00pm-4:00pm 4 Lanes 4:30pm – 7:30pm 1 Lane 7:00-8:45pm 5 Lanes
Wednesday	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:30pm - 7:30pm swim team (5 lanes) 7:00pm-7:30pm swim team (3 lanes)	5:30-7:00am 2-5 Lanes 7:00-9:00am 2 Lanes 9:00am-12:00pm 3 Lanes 12:00pm-4:00pm 4 Lanes 4:30pm – 7:30pm 1 Lane 7:00-8:45pm 5 Lanes
Thursday	<i>5:30-7:00 swim team (3-5 Lanes)</i> <i>9:00am -12:00pm Lessons and Aerobics (5 Lanes)</i> <i>4:30pm - 7:30pm swim team (5 lanes)</i> <i>7:00pm-7:30pm swim team (3 lanes)</i>	5:30-7:00am 2-5 Lanes 7:00-9:00am 2 Lanes 9:00am-12:00pm 3 Lanes 12:00pm-4:00pm 4 Lanes 4:30pm – 7:30pm 1 Lane 7:00-8:45pm 5 Lanes
Friday	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:30pm - 7:30pm swim team (5 lanes) 7:00pm-7:30pm swim team (3 lanes)	5:30-7:00am 2-5 Lanes 7:00-9:00am 2 Lanes 9:00am-12:00pm 3 Lanes 12:00pm-4:00pm 4 Lanes 4:30pm – 7:30pm 1 Lane 7:00-8:45pm 5 Lanes
Saturday		8:00am -8:45pm 5 lanes
Sunday		1:00-5:45pm 5 Lanes

Swim Lessons will reserve the right to 1 lane from 7am-8:30pm Monday through Friday, when needed.