

## FAC Aquatic Schedule January – March, 2018

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>	<p style="text-align: center;"><u>Monday – Friday</u>  <i>Lap &amp; Lesson Pool:</i>            OPEN 5:30am            -8:45pm</p> <p style="text-align: center;"><i>Frog Pool:</i>            OPEN 5:30 am            -8:45pm</p> <p style="text-align: center;"><i>Splash Pool:</i>            Closed for winter</p> <p style="text-align: center;"><u>Saturday:</u>  <i>Main Pool:</i>            OPEN 8am-8:45pm  <i>Frog Pool:</i>            OPEN 8am-8:45pm  <i>Splash Pool:</i>            Closed for winter</p> <p style="text-align: center;"><u>Sunday:</u>  <i>Main Pool:</i>            OPEN 1-5:45pm  <i>Frog Pool:</i>            OPEN 1-5:45pm  <i>Splash Pool:</i>            Closed for winter</p>	
<b>Tuesday</b>	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>		
<b>Wednesday</b>	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>		
<b>Thursday</b>	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>		
<b>Friday</b>	9-10am Cardiodelites <i>Water Aerobics</i> 10-11am Silver Sneaker Splash <i>Water Aerobics</i> 11am-12pm Willing Wonders <i>Water Aerobics</i>		
<b>Saturday</b>	9-10am Saturday Sizzlers <i>Water Aerobics</i>		
<b>Sunday</b>			
<b>Monday</b>	<b>Swim Team Practices</b>		<b>Open Lap Lanes</b>

## FAC Aquatic Schedule December – February 30<sup>th</sup>, 2018

	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:00pm - 5:30pm swim team (7 Lanes) 5:30pm - 7:00pm 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 4:00pm – 7:00pm 1 Lane 7:00pm-7:30pm 2 Lanes 7:00-8:45pm 5 Lanes
<b>Tuesday</b>	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:00pm - 5:30pm swim team (7 Lanes) 5:30pm - 7:00pm 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 4:00pm – 7:00pm 1 Lane 7:00pm-7:30pm 2 Lanes 7:00-8:45pm 5 Lanes
<b>Wednesday</b>	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:00pm - 5:30pm swim team (7 Lanes) 5:30pm - 7:00pm 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 4:00pm – 7:00pm 1 Lane 7:00pm-7:30pm 2 Lanes 7:00-8:45pm 5 Lanes
<b>Thursday</b>	<i>5:30-7:00 swim team (3-5 Lanes)</i> <i>9:00am -12:00pm Lessons and Aerobics (5 Lanes)</i> <i>4:00pm - 5:30pm swim team (7 Lanes)</i> <i>5:30pm - 7:00pm 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 4:00pm – 7:00pm 1 Lane 7:00pm-7:30pm 2 Lanes 7:00-8:45pm 5 Lanes
<b>Friday</b>	5:30-7:00 swim team (3-5 Lanes) 9:00am -12:00pm Lessons and Aerobics (5 Lanes) 4:00pm - 5:30pm swim team (7 Lanes) 5:30pm - 7:00pm 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 4:00pm – 7:00pm 1 Lane 7:00pm-7:30pm 2 Lanes 7:00-8:45pm 5 Lanes
<b>Saturday</b>	10am-12pm swim team (5 lanes) 1:00pm – 3:00pm spencer co swim team (3 lanes)	8:00am -10:00 am 5 Lanes 10:00am- 12:00pm 1 lane 12:00pm-1:00pm 5 lanes 1:00pm – 3:00 pm 2 lanes
<b>Sunday</b>		1:00-5:45pm 4 Lanes

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