

## FAC Aquatic Schedule -Programs May 28<sup>th</sup> -July 16<sup>th</sup>, 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>	<u>Monday – Friday</u> <i>Lap &amp; Lesson Pool:</i> OPEN 5:30am -8:45pm <b>*Closed to public 9:00am -12pm*</b> <i>Frog Pool:</i> OPEN 5:30 am -8:45pm <b>*Closed to public 10:00-11:30am*</b> <i>Splash Pool:</i> 10:00 am – 6:45 pm
<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> 11-12pm 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> 10:00 am – 6:45 pm
<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>	<u>Sunday:</u> <i>Main Pool:</i> OPEN 1-5:45pm <i>Frog Pool:</i> OPEN 1-5:45pm <i>Splash Pool:</i> 1-5:45 pm
<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> 11-12pm 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>		

## FAC Aquatic Schedule - Lap Lanes

### May 29<sup>th</sup> – July 16<sup>th</sup> , 2018

<b>Monday</b>	<b>Swim Team/EVENTS</b>	<b>Open Lap Lanes</b>
<b>Monday</b>	7:00-9:00 swim team (3-5 Lanes) 9:00am -12:00pm swim team Lessons and Aerobics (5-6 Lanes) 2:00 - 4:00 pm swim team (3 Lanes)	7:00-9:00 am 2-5 Lanes 9:00am-12:00pm 1 -2 Lane(s) 12:00pm-2:00pm 5 Lanes 2:00pm – 4:00pm 2 Lane 4:00-8:45pm 4 Lanes
<b>Tuesday</b>	7:00-9:00 swim team (3-5 Lanes) 9:00am -12:00pm swim team Lessons and Aerobics (5-6 Lanes) 2:00 - 5:30 pm swim team (3 Lanes) LTS 1 lane 5:30pm- 7:30pm BOYSCOUTS 1 LANE 6:30-7:30PM	7:00-9:00 am 2-5 Lanes 9:00am-12:00pm 1 -2 Lane(s) 12:00pm-2:00pm 5 Lanes 2:00pm – 5:30pm 2 Lanes 5:30-7:30pm 3 Lanes 7:30-close 5 lanes
<b>Wednesday</b>	7:00-9:00 swim team (3-5 Lanes) 9:00am -12:00pm swim team Lessons and Aerobics (5-6 Lanes) 2:00 - 5:30 pm swim team (3 Lanes)	7:00-9:00 am 2-5 Lanes 9:00am-12:00pm 1 -2 Lane(s) 12:00pm-2:00pm 5 Lanes 2:00pm – 5:30pm 2 Lanes 5:30-8:45pm 4 Lanes
<b>Thursday</b>	7:00-9:00 swim team (3-5 Lanes) 9:00am -12:00pm swim team Lessons and Aerobics (5-6 Lanes) 2:00 - 5:30 pm swim team (3 Lanes)  BOYSCOUTS 1 LANE 7-8PM	7:00-9:00 am 2-5 Lanes 9:00am-12:00pm 1 -2 Lane(s) 12:00pm-2:00pm 5 Lanes 2:00pm – 5:30pm 2 Lanes 5:30-7:30pm 3 Lanes 7:30-close 5 lanes
<b>Friday</b>	7:00-9:00 swim team (3-5 Lanes) 9:00am -12:00pm swim team Lessons and Aerobics (5-6 Lanes) 2:00 - 5:30 pm swim team (3 Lanes)	7:00-9:00 am 2-5 Lanes 9:00am-12:00pm 1 -2 Lane(s) 12:00pm-2:00pm 5 Lanes 2:00pm – 5:30pm 2 Lanes 5:30-8:45pm 4 Lanes
<b>Saturday</b>	10am-12pm swim team (5 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.