



AQUATIC SCHEDULE OUTDOOR POOL

MAC Main Number 281-497-7570

	M	T	W	Th	F	Sa	Su
5 A.M.	Open 5 a.m	Open 5 a.m.	Open 5 a.m.	Open 5 a.m.	Open 5 a.m.		
5:30 A.M.	*Masters 5:30—7:00		**Masters 5:30—7:00		*Masters 5:30—7:00		Open 7 a.m.
6:00 A.M. 7:00 A.M.						Open 6 a.m.	Family Lane 7am-7 pm
7:45 A.M.						*Masters 7:45—9:15	*Masters/ Triathlon 7:45—9:15
8:15 A.M.	Aerobics 8:15-9:15	Aerobics 8:15-9:15	Aerobics 8:15-9:15	Aerobics 8:15-9:15	Aerobics 8:15-9:15		
9:30 A.M.							
10:30 A.M.				10:30-11:30 Triathlon			
10:45 A.M.							
11:30 A.M.							
12:00 NOON				**Masters Noon-1pm		Family Lane 12:00—7:00	
1:00 P.M.							
3:00 P.M.							
4:00 P.M.							
4:30 P.M.							
5:00 P.M.							
5:30 P.M.							
6:30 P.M.	Aerobics 6:30-7-30	*Masters 6:30—8:00		*Masters 6:30—8:00	Aerobics 6:30-7-30		
8:00 P.M.					CLOSE 8 PM	CLOSE 8 PM	CLOSE 8 PM
CLOSE	CLOSE 10 PM	CLOSE 10 PM.	CLOSE 10 PM.	CLOSE 10 PM	PARTIES 8-9:30 P.M.	PARTIES 8—9:30 P.M.	

Outdoor pool will be open for use, provided the air temperature is 45 degrees and warmer.

OUTDOOR POOL is heated or cooled to maintain a water temperature between 78—82 degrees.

****MASTERS**—Coached swimming workout for adults (17 and older). Competition optional.





AQUATIC SCHEDULE INDOOR POOL

Effective June 7th 2010.

MAC Main Number 281-497-7570

	M	T	W	Th	F	Sa	Su
5 A.M.	Open 5 a.m	Open 5 a.m.	Open 5 a.m.	Open 5 a.m.	Open 5 a.m.		
5:30 A.M.	*Masters 5:30—7:00		*Masters 5:30—7:00		*Masters 5:30—7:00		
6:00 AM						Open 6 am	Open 7 am
8:15 A.M.						*Masters 7:45-9:15	*Masters/ Triathlon 7:45-9:15 .
9:30 A.M.	Aerobics 9:30—10:30	Aerobics 9:30—10:30	Aerobics 9:30—10:30	Aerobics 9:30—10:30	Aerobics 9:30—10:30	Aerobics 9:30—10:30	Family Lane 7 a.m. 4 p.m
10:30 A.M.						30 Min. Exp.. 10:30—11:00	
10:45 A.M.	Arthritis 10:45—11:30		Arthritis 10:45—11:30		Arthritis 10:45—11:30		
11:30 A.M.							
12:00 NOON	Good Life Aerobics 12—1:00		Good Life Aerobics 12—1:00		Good Life Aerobics 12—1:00		
1:00 P.M.	Mind &Body/ Yoga 1—2 PM					Family Lane 1—7 p.m.	
3:45 -4:00 P.M		Aerobics 4 -5p.m.		Aerobics 4 -5 p.m.		Aerobics 4-5 pm	Aerobics 4 -5 p.m.
4:30 PM							1st Sun each month 4-5:30 Su- per Circuit
5:00 P.M.		30 Minute Express 5-5:30					
5:30 P.M.					Triathlon 5:30-6:15 pm		
6:30 P.M.			H2O Jogging 6:30-7:30 pm			7:15-8 pm Kids Triathlon	
8:00 P.M.					CLOSE 8 P.M. *PRIVATE	CLOSE 8 P.M. *PRIVATE	CLOSE 8 PM
10:00 P.M.	CLOSE 10 P.M.	CLOSE 10 P.M.	CLOSE 10 P.M.	CLOSE 10 P.M.	PARTIES 8-9:30 P.M.	PARTIES 8—9:30 P.M.	

WATER TEMPERATURE IS MAINTAINED Between 84-86 degrees.

LEARN TO SWIM LESSONS have priority in Lane 1 and Lane 2 indoors

ARTHRITIS - Taught by Arthritis Foundation certified instructors, this 45 minute class

AEROBICS—One hour exercise class utilizing water as a resistance and obtaining cardiovascular endurance while eliminating joint stress that could lead to injuries. All levels welcome

WATER JOGGING—Deep water conditioning using Aqua Jogger Belts

Mind and Body—A relaxing hour class just for your mind and body.

30 MINUTE EXPRESS— 30 minutes of surprise aerobic and muscle conditioning exercises. A great "Quickie" workout.

YAF-Non-Competitive Swim Team—Kids 8 -18 years. ALL 6 LANES INDOOR!!!

****MASTERS**—Coached swimming workout for adults (18 and older) . Competition optional.

Triathlon Program—see Front Desk for program details.