



AQUATIC SCHEDULE OUTDOOR POOL Effective Dec. 1, 2009.

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.							
10:45 A.M.							
11:30 A.M.						Triathlon Program **	
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 7:30 P.M.	CLOSE 7:30 P.M.	CLOSE 7:30 P.M.
CLOSE	CLOSE 9:30 P.M.	CLOSE 9:30 P.M.	CLOSE 9:30 P.M.	CLOSE 9:30 P.M.	*PRIVATE PARTIES 8-9:30 P.M.	*PRIVATE PARTIES 8—9:30 P.M.	

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

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

8:15 am and 6:30 pm Aerobic Classes will meet outside provided the air is 70 degrees or warmer.

Triathlon Program—see Front Desk for program details.

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



MEMORIAL ATHLETIC CLUB
AND AQUATIC CENTER



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	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 AM 7:00 AM						Open 6:am	Family Lane 7 a.m. 4 p.m.
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	*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	
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.	Good Life Arthritis 1:00—1:45		Good Life Arthritis 1:00—1:45		Water YOGA 1—2 PM	Family Lane 1—7 p.m.	
3:45 -4:00 P.M		Aerobics 4 -5 p.m.		Aerobics 4 -5 p.m.		Aerobics 4-5 pm	Aerobics 4 -5 p.m.
4:30 PM	YAF 4:30- 5:30		YAF 4:30- 5:30		YAF 4:30- 5:30		
5:00 P.M.		30 Minute Express 5-5:30		30 Minute Express 5-5:30		30 Minute Express 5-5:30	30 Minute Express 5-5:30
5:30 P.M.							
6:30 P.M.	Aerobics 6:30-7-30		H2O Jogging 6:30-7:30 pm		Aerobics 6:30-7-30		
8:00 P.M.					CLOSE 8 P.M.	CLOSE 8 P.M.	CLOSE 8 PM
10:00 P.M.	CLOSE 10 P.M.	CLOSE 10 P.M.	CLOSE 10 P.M.	CLOSE 10 P.M.	*PRIVATE PARTIES 8-9:30 P.M.	*PRIVATE 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 is designed to improve mobility, range of motion and muscle endurance for arthritis and chronic pain sufferers.

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

Water Yoga—Traditional YOGA moves incorporated in the water.

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.



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