

# MWCC Fitness and Wellness Center

Fall 2009

Sept. 1<sup>st</sup> – December 13<sup>th</sup>

2 Lap Lanes are available for lap swimming at all times **UNLESS** otherwise indicated

Open Swim is available **UNLESS** otherwise indicated

<u>Time of Day</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wed</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00am	Pool Opens @ 6a Masters Swim 6 – 7:30a		Pool Opens @ 6a Masters Swim 6 – 7:30a	Pool Opens @ 6a	Pool Opens @ 6a Masters Swim 6 – 7:30a		
7:30am						<b>Pool Opens @ 7:30am</b>	<b>Pool Opens @ 7:30am</b>
8:00am	Aqua Ex. 8 – 9am <b><u>NO Open Swim</u></b>	<b>Pool Opens @ 9am</b>	Deep Water Ex. 8 – 9am <b><u>NO Open Swim</u></b>		Aqua Ex. 8 – 9am <b><u>NO Open Swim</u></b>	<u>Swim Lessons</u> 8:30 – 1pm <i>2 lanes avail.</i>	Adult Lap Swim 7:30-11:30 <b><u>NO Open Swim</u></b>
9:00am							
12:00pm							
1 – 5:30p	<u>Greenwood Practice</u> 3 – 5:30 <b><u>Pool Closed</u></b>	<u>Greenwood Practice</u> 3 – 5:30 <b><u>Pool Closed</u></b>	<u>Swim lessons</u> 4 – 6:30p <i>3 lanes avail.</i>	<u>Swim lessons</u> 4 – 6pm <i>3 lanes avail.</i>	<u>Greenwood Practice</u> 3 – 5:30 <b><u>Pool Closed</u></b>	<b>Pool Closes @ 3:30pm</b>	<b>Pool Closes @ 2:30pm</b>
5:30 – 7p	<u>Swim Lessons</u> 5:30 – 7:30p <i>3 lanes avail</i>	Deep Water Ex. 6 – 7pm <b><u>NO Open Swim</u></b>		Aqua Ex. 6 – 7pm <b><u>NO Open Swim</u></b>		<b>(3:30 closing time begins Sept. 12 – Oct. 31<sup>st</sup>)</b>	<b>Storm Swim Practice 2:30 – 6p</b>
7 – 8:30p	Masters Swim 7 – 8:30			Masters Swim 7 – 8:30			
<b>8:30pm</b>	<b>Pool Closes</b>	<b>Pool Closes</b>	<b>Pool Closes</b>	<b>Pool Closes</b>	<b>Pool Closes</b>		Updated 8/31/09 dg

**Pool Schedule is subject to change due to programs, rentals and/or activities**