

## NYCC HEALTH & FITNESS CENTER FALL POOL SCHEDULE

|                     |                 |
|---------------------|-----------------|
| <b>MONDAY</b>       |                 |
| 6:15 am - 7:45 am   | Lap Swim        |
| 9:00 am - 9:45 am   | Water Walking   |
| 10:00 am - 11:00 am | Adult Swim      |
| 11:15 am - Noon     | Aquacise        |
| Noon - 1:30 pm      | Open Recreation |
| 4:00 pm - 6:00 pm   | Open Recreation |
| 6:30 pm - 7:15 pm   | Aquacise        |
| 7:30 pm - 8:30pm    | Aqua Fit        |
| <b>TUESDAY</b>      |                 |
| 6:15 am - 7:45 am   | Lap Swim        |
| 9:00 am - 9:45 am   | Silver Splash   |
| 10:00 am - Noon     | Adult Swim      |
| Noon - 1:30 pm      | Open Recreation |
| 4:00 pm - 6:00 pm   | Open Recreation |
| 6:00 pm - 6:45 pm   | Water Walking   |
| 7:00 pm - 8:30 pm   | Open Recreation |
| <b>WEDNESDAY</b>    |                 |
| 6:15 am - 7:45 am   | Lap Swim        |
| 9:00 am - 9:45 am   | Water Walking   |
| 10:00 am - 11:00 am | Adult Swim      |
| 11:15 am - Noon     | Aquacise        |
| Noon - 1:30 pm      | Open Recreation |
| 4:00 pm - 6:00 pm   | Open Recreation |
| 6:30 pm - 7:15 pm   | Aquacise        |
| 7:30 pm - 8:30pm    | Aqua Fit        |
| <b>THURSDAY</b>     |                 |
| 6:15 am - 7:45 am   | Lap Swim        |
| 9:00 am - 9:45 am   | Silver Splash   |
| 10:00 am - Noon     | Adult Swim      |
| Noon - 1:30 pm      | Open Recreation |
| 4:00 pm - 6:00 pm   | Open Recreation |
| 6:00 pm - 6:45 pm   | Water Walking   |
| 7:00 pm - 8:30 pm   | Open Recreation |
| <b>FRIDAY</b>       |                 |
| 6:15 am - 7:45 am   | Lap Swim        |
| 9:00 am - 9:45 am   | Water Walking   |
| 10:00 am - 11:00 am | Adult Swim      |
| 11:15 am - Noon     | Aquacise        |
| Noon - 1:30 pm      | Open Recreation |
| 4:00 pm - 6:00 pm   | Open Recreation |
| <b>SATURDAY</b>     |                 |
| 7:15 am -9:00 am    | Lap Swim        |
| 9:15 am - 11:15 am  | Swim Lessons    |
| 11:30 am - 12:45 pm | Open Recreation |
| <b>SUNDAY</b>       |                 |
| 9:15 am - 10:45 am  | Lap Swim        |
| 11:00 am - 12:45 pm | Open Recreation |

**\*Must register to participate in aquatics classes**