

Aquatics

November 2 - December 13, 2009

Lap Pool Schedule

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM Lanes Available	Dawn Breakers 2	Dawn Breakers 2	4	Dawn Breakers 2	4	4	4
6:00-8:00 AM Lanes Available	4	4	4	4	4	4	4
8:15-9:00 AM Lanes Available	H2O Wake-Up 2	4	H2O Wake-Up 2	4	H2O Wake-Up 2	4	4
9:00-10:00 AM Lanes Available	4	4	4	4	4	4	4
10:00-11:00 AM Lanes Available	H2O Splash 2	4	H2O Splash 2	4	H2O Splash 2	4	4
11:00-1:30 PM Lanes Available	4	4	4	4	4	4	4
1:30-3:30 PM Lanes Available	4	MC PE 2	4	MC PE 2	4	4	4
3:30-5:30 PM Lanes Available	MAKOS Swim Team 1	4	MAKOS Swim Team 1	4	MAKOS Swim Team 1	Pool Closes at 4:45 PM	Pool Closes at 5:45 PM
5:30-6:00 PM Lanes Available	4	4	4	4	4	Private swim lessons are offered year-round. For more information, contact Aquatics Coordinator Kassi Lee at 601-925-7909	
6:00-6:45 PM Lanes Available	H2O Robics 2	H2O Robics 2	H2O Robics 2	H2O Robics 2	4		
6:45-9:45 PM Lanes Available	4	4	4	4	Pool Closes at 7:45 PM		

*Lanes Available = the number of lanes available for lap swimming. Available on a first come first serve basis and can be shared.

**See back for pool rules.

Therapy Pool Schedule

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 AM	AFAP		AFAP		AFAP		
9:00-9:45 AM	AFAP	AFAP	AFAP	AFAP	AFAP		
10:00 AM						Family Time 10 AM-4:30 PM	
12-2:00 PM	Family Time		Family Time				
1:00 PM							Family Time 1:00-5:30 PM
2:00-2:45 PM	AFAP		AFAP		AFAP		
4:30-7:30 PM					Family Time	Pool Closes at 4:30 PM	Pool Closes at 5:30 PM
5:15-6:00 PM	AFAP	AFAP		AFAP	Pool Closes at 7:30 PM		
6:30-9:30 PM	Family Time	Family Time	Family Time	Family Time			

*Therapy Pool not available for lap swimming. Normally available for individual, stationary exercise.

**See back for pool rules.

Class Descriptions

AFAP: The Arthritis Foundation Program is a "go at your own pace," very low intensity class designed to improve or maintain range of motion, flexibility, strength and functional endurance. A physician's release is required for non-members but may be required by members if staff deems necessary.

Dawn Breakers/H2O Wake-Up/H2O Splash/H2O Robics: These classes are designed for individuals at any fitness level wanting a fun and challenging workout to improve muscular strength, muscular endurance, cardiovascular endurance, and joint range of motion.

MAKOS Swim Team: For more information on joining the MAKOS swim team, please call Eddie Ware @ 601-209-3193.

MC PE: These classes are designed for students enrolled at MC.

Family Times: Times allotted for children ages 12 and younger to swim but must be under direct adult supervision (18 & older).