

# Summer 2012

## Firstenburg Community Center Pool Schedule

Pool Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Power 6-6:55	Tone & Stretch 7-7:55	Aqua Power 6-6:55	Tone & Stretch 7-7:55	Aqua Power 6-6:55	Aqua Power 8:15-9:15	
River Challenge 7-7:55	River Challenge 8-8:55	River Challenge 7-7:55	River Challenge 8-8:55	River Challenge 7-7:55	Aqua Yoga 9:15-9:45	
Aqua Fusion 8-8:55	Aqua Fusion 10:30-11:30	Aqua Fusion 8-8:55	Aqua Fusion 10:30-11:30	Aqua Fusion 8-8:55	Individual Exercise/Lap swim	
Gentle Moves 11:15-12	Aqua Yoga 11:30-12	Gentle Moves 11:15-12	Aqua Yoga 11:30-12	Gentle Moves 11:15-12	Exercise in <b>unused</b> areas of the pool	
Power Express 12:05-12:55	Silversplash 12:05-12:50	Aqua Zumba 12:05-12:55	Silversplash 12:05-12:50	Power Express 12:05-12:55	Monday	6-9a, 12-1, 5:15-6:15p
Aqua Athlete 5:30-6:20		Aqua Athlete 5:30-6:20			Tuesday	5:30-1p
Aqua Zumba 6:25-7:10		Aqua Zumba 6:25-7:10			Wednesday	6-9a, 12-1, 5:15-6:15p
					Thursday	5:30-1p
					Friday	6-9:30a, 11-3p
					Saturday	8-10a
					Sunday	NONE
Public Swims						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aqua Play 9-10:30		Aqua Play 9-10:30	Family Swim 9:30-11	Public Swims 10-11:30	Public Swims 12-1:30
Public Swim 1-3	Public Swim 1-2:30	Public Swim 1-3	Public Swim 1-2:30	Public Swim 1-3	12-1:30	1:45-3:15
Public Swims 3:30-5 7:15-8:30	Public Swim 2:45-4:15 7-8:30	Public Swims 3:30-5 7:15-8:30	Public Swim 2:45-4:15 7-8:30	Public Swims 3:30-5 5:30-7:30	1:45-3 3:15-4:45 5-6:30	

## Marshall Community Center Pool Schedule

Pool Fitness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Super Fit deep 6-6:55	Aqua Power 6-6:55	Super Fit deep 6-6:55	Aqua Power 6-6:55	Super Fit deep 6-6:55	Going Deep 7-7:55	CLOSED ALL DAY
Aqua Fusion 8-8:55	Aqua Athlete deep 7:30-8:30	Aqua Fusion 8-8:55	Aqua Athlete deep 7:30-8:30	Aqua Fusion 8-8:55	Super Fit deep 8-8:55	
Aqua Power 10-11	Going Deep 9-9:55	Aqua Power 10-11	Going Deep 9-9:55	Aqua Power 10-11	Individual Exercise/Lap swim	
Aqua Yoga 11-11:30		Aqua Yoga 11-11:30		Aqua Yoga 11-11:30	Exercise in <b>unused</b> areas of the pool	
Gentle Moves 11:45-12:30		Gentle Moves 11:45-12:30		Gentle Moves 11:45-12:30	Monday	5:30-1:30, 7:35-8:30pm
Aqua Fusion 12:35-1:25		Aqua Fusion 12:35-1:25		Aqua Fusion 12:35-1:25	Tuesday	5:30-10, 5:30-8:30pm
Latin Deep 7:35-8:30pm	Super Fit Deep 6:05-7pm	Latin Deep 7:35-8:30pm	Super Fit Deep 6:05-7pm		Wednesday	5:30-1:30, 7:35-8:30pm
					Thursday	5:30-10, 5:30-8:30pm
					Friday	5:30-1:30, 5:30-7:30pm
					Saturday	7-9am, 11:30-1:30pm
					Sunday	CLOSED
Public Swims						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Play 9-10		Aqua Play 9-10		Aqua Play 9-10	Public Swim 1:30-2:55pm	CLOSED ALL DAY
Public Swim 1:30-3pm	Public Swim 1-3pm	Public Swim 1:30-3pm	Public Swim 1-3pm	Public Swim 1:30-3pm	Public Swim 3:05-4:30pm	
	Public Swim 7-8:30pm		Public Swim 7-8:30pm	Splash Away 6-7:30pm	Free Swim 4:45-6:30	

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