

WILHELMINE TEW DAMON FITNESS CENTER

2018 FALL POOL SCHEDULE (BEGINS AUGUST 13th)

MONDAY & WEDNESDAY (Building closes at 8:00 p.m.)

6:00 - 8:00 a.m.	Lap Swim
8:00 - 8:50 a.m.	Lap and Leisure Swim
9:00 - 9:50 a.m.	Water Aerobics-- Smith
10:00 -10:50 a.m.	Water Aerobics--Smith
11:00 - 12:00 a.m.	Lap/Leisure Swim
12:00 - 12:50 p.m.	Lap Swim
1:00 - 1:50 p.m.	Swim I-IV--Coleman
<u>2:00 - 3:15 p.m.</u>	<u>MCC Student, Faculty, and Staff Swim</u>
3:30 - 5:30 p.m.	Meridian Swim Team
5:30 - 7:00 p.m.	Lap Swim

TUESDAY & THURSDAY (Building closes at 8:45 p.m.)

7:45 - 8:50 a.m.	Lap and Leisure Swim
9:00 - 9:50 a.m.	Water Aerobics --Neal
10:00 - 10:50 a.m.	Water Aerobics--Neal
11:00-11:50 a.m.	Water Aerobics --Neal
12:00 - 12:50 p.m.	Lap Swim
1:00 - 1:50 p.m.	Water Aerobics (Lifetime Quest only) --Heggie
<u>2:00 - 4:15 p.m.</u>	<u>MCC Student, Faculty, and Staff Swim</u>
4:30 - 5:20 p.m.	Water Aerobics -- Gregg
5:30 - 6:20 p.m.	Water Aerobics -- Gregg
6:30 - 8:30 p.m.	Meridian Swim Team

FRIDAY (Building closes at 6:45 p.m.)

6:00 - 8:00 a.m.	Lap Swim
8:00 - 9:00 a.m.	Lap and Leisure Swim
9:00-10:50 a.m.	Pool Check
11:00 - 12:00 a.m.	Lap/Leisure Swim
12:00 - 1:00 p.m.	Lap Swim
1:00 - 3:15 p.m.	<u>MCC Student, Faculty, and Staff Swim</u>
3:30 - 5:30 p.m.	Meridian Swim Team
5:30 - 6:30 p.m.	Lap Swim

SATURDAY AND SUNDAY
Closed

THESE HOURS ARE SUBJECT TO CHANGE

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