

**MCC DAMON FITNESS CENTER  
SUMMER 2019  
POOL SCHEDULE**

**MONDAY & WEDNESDAY (Building closes at 7:15 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 - 12:50 p.m. Lap Swim  
1:00 - 2:20 p.m. Swim I-IV-- Coleman  
2:30 - 3:20 p.m. Faculty/Staff/Student Swim  
3:30 - 5:30 p.m. Meridian Swimming Association  
5:30 - 7:00 p.m. Lap Swim

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

7:45 - 9:50 a.m. Lap and Leisure Swim  
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--Heggie  
2:00 - 4:15 p.m. Faculty/Staff/Student Swim  
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 Swimming Association

**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 - 11:00 a.m. Pool Check  
11:00 - 1:00 p.m. Lap Swim  
1:00 - 3:15 p.m. Faculty/Staff/Student Swim  
3:30 - 5:30 p.m. Meridian Swimming Association  
5:30 - 6:30 p.m. Lap Swim

**SATURDAY & SUNDAY**

**Closed**

**\*SCHEDULE MAY BE ADJUSTED DUE TO CLASS DEMANDS OR USAGE**

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