

WILHELMINE TEW DAMON FITNESS CENTER 2020 SPRING POOL SCHEDULE

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

6:00 - 8:00 a.m. Lap Swim
8:00 - 8:50 a.m. 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. Lap/Leisure
12:00 - 12:50 p.m. Lap Swim
1:00 - 1:50 p.m. Swim I-IV--Coleman
2:00 - 3:15 p.m. MCC Student, Faculty, and Staff Swim
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 - 9:50 a.m. 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 --Heggie– **Lifetime Quest Only**
2:00 - 4:15 p.m. MCC Student, Faculty, and Staff 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 Swim Team

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

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

SATURDAY & SUNDAY CLOSED (Subject to change)

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

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