



Wilhelmine Tew Damon Fitness Center

2025 FALL POOL SCHEDULE

MONDAY & WEDNESDAY

6:00-8:00 a.m.	MCC Swim Team
6:00-8:45 a.m.	Open Swim
9:00-10:00 a.m.	Pool Closed
10:00-10:55 a.m.	Aqua Fitness – Heggie
11:00 a.m.-12:45 p.m.	Open Swim
1:00-1:55 p.m.	Swim I-IV – Coleman
2:00-4:00 p.m.	Open Swim
2:00-4:00 p.m.	MCC Swim Team
4:00-6:00 p.m.	Meridian Swim Association

TUESDAY & THURSDAY

6:00-8:00 a.m.	MCC Swim Team
8:00-9:45 a.m.	Open Swim
10:00-10:55 a.m.	Aqua Fitness – Heggie
11:00-11:55 a.m.	Aqua Fitness – Heggie
12:00-12:55 p.m.	Pool Closed
1:00-1:45 p.m.	Aqua Fitness (Lifetime Quest) – Heggie
2:00-4:00 p.m.	MCC Swim Team
2:00-4:15 p.m.	Open Swim
4:30-5:25 p.m.	Aqua Fitness – Gregg
5:30-6:25 p.m.	Aqua Fitness – Gregg
6:30-8:30 p.m.	Meridian Swim Association

FRIDAY

6:00-8:00 a.m.	MCC Swim Team
6:00-9:00 a.m.	Open Swim
9:00-11:00 a.m.	Pool Closed
11:00 a.m.-3:30 p.m.	Open Swim
2:00-4:00 p.m.	MCC Swim Team
4:00-6:00 p.m.	Meridian Swim Association

**ALL HOURS
ARE SUBJECT
TO CHANGE**

CLOSED ON SATURDAY & SUNDAY

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