

## Lap Pool Schedule: January 8 - March 11, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim / PVT SL 5:00 - 8:00	Open Swim / PVT SL 5:00 - 8:00	Open Swim / PVT SL 5:00 - 8:00	Open Swim / PVT SL 5:00 - 8:00	Open Swim / PVT SL 5:00 - 8:00	Facility Closed	Facility Closed
Adult Swim 8:00 - 12:00	Adult Swim 8:00 - 12:00	Adult Swim 8:00 - 12:00	Adult Swim 8:00 - 12:00	Adult Swim 8:00 - 9:30	Adult Swim 7:00 - 12:00	Adult Swim 7:00 - 12:00
				GEX Class 9:30 - 10:30	Specialty Class 7:30 - 8:15	
					Open Swim PVT 8:15 - 10:00	
Adult Lunch Swim 12:00 - 1:30	Adult Lunch Swim 12:00 - 1:30	Adult Lunch Swim 12:00 - 1:30	Adult Lunch Swim 12:00 - 1:30	Adult Lunch Swim 12:00 - 1:30	Open Swim / PVT SL 12:00 - 4:45	Open Swim / PVT SL 12:00 - 4:45
Open Swim / PVT SL 1:30 - 6:30	Open Swim / PVT SL 1:30 - 5:30	Open Swim / PVT SL 1:30 - 6:30	Open Swim / PVT SL 1:30 - 5:30	Open Swim / PVT SL 1:30 - 6:30	Facility Closed	Facility Closed
Adult Swim 6:30 - 8:45	Specialty Class 5:30 - 7:15	Adult Swim 6:30 - 8:45	Specialty Class 5:30 - 7:15	Adult Swim 6:30 - 7:45		
	7:15 - 8:45		7:15 - 8:45	Facility		
Closed	Closed	Closed	Closed	Closed		

\* Pool users must exit the aquatic area within 15 minutes of the pool closing times.

\* During all "Adult" times there will be no youth services provided.  
Adult one-on-one services are permitted.

\* Private Swim Lesson participants must be able to swim 50 yards before taking lessons in the lap pool.

Color						
Legend	Adult Swim	GEX Class	Open Swim / PVT SL	Adult Lunch Swim	Facility Closed	Specialty Classes



## Mercy Fitness Center

### Lap Pool Schedule Information: January 8 – March 11, 2018

The Mercy Fitness Pool schedule is designed to provide general pool information on how and when the pool will be used. The goal is to provide a high-quality experience for all our users. This schedule will be officially updated each quarter. Throughout each quarter there may be minor adjustments such as special events, demo classes, staff training and others. Changes will be posted at the Member Service Desk, on the pool deck, and throughout Mercy Fitness Center.

## Mercy Fitness Center Pool Temperatures

Exercise Pool ranging from 83-85 degrees

Lap Pool ranging from 81-84 degrees

Hot Tub ranging from 100-104 degrees

## Schedule Legend Descriptions

### Adult Swim

During Adult Swim times, there will be no children or youth aquatic services or programs offered.

### Open Swim/PVT SL

During the "Open Swim/PSL" times, the pool will be open for general use. MFC staff reserves the right to schedule one-on-one aquatic services such as aqua personal training, adult swim classes and others. General use takes priority.

### Group Exercise Class

These classes are FREE for our members. The exercise pool is fully reserved during classes. For a full exercise class schedule please see hard copies at the Customer Service Desk.

### Adult Lunch Swim

During these times the lap pool will be open for general usage. MFC staff will reserve the right to utilize up to two lanes to provide adult lunch swim classes.

### Specialty Classes

The exercise pool is fully reserved during these times. Mercy Fitness Center and our EXOS trainers will be offering national award-winning aquatic programs to both members and non-members. These specialty classes will be offered every 10 weeks.