







Mercy Fitness Center Lap Pool Schedule: August - December 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 a.m.	Open Swim PVT	Open Swim /	Open Swim PVT	Open Swim /	Open Swim PVT	Facility Closed	Facility Closed	
5:30 a.m.	5 - 6:15	PVT SL	5 - 6:15	PVT SL	5 - 6:15			
6 a.m.	\$ Swim Fit	5 - 8	\$ Swim Fit	5 - 8	\$ Swim Fit			
6:30 a.m.	6:15 - 7		6:15 - 7		6:15 - 7			
7 a.m.						Adult Swim	Adult Swim	
7:30 a.m.						7 - 8		
8 a.m.	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Open Swim PVT		
8:30 a.m.	8 - 12	8 - 12	8 - 12	8 - 12	8 - 9:30			8 - 10
9 a.m.								
9:30 a.m.					GEX Class	Adult Swim		
10 a.m.					9:30 - 10:30 a.m.			
10:30 a.m.					Adult Swim			
11 a.m.					10:30 - 12			
11:30 a.m.								
12 p.m.	Adult Lunch	Adult Lunch	Adult Lunch	Adult Lunch	Adult Lunch	Open Swim /		Open Swim /
12:30 p.m.	Swim	Swim	Swim	Swim	Swim			
1 p.m.	12 - 1:30	12 - 1:30	12 - 1:30	12 - 1:30	12 - 1:30	12 - 4:45	12 - 4:45	
1:30 p.m.								
2 p.m.	Open Swim /	Open Swim /	Open Swim /	Open Swim /	Open Swim /			
2:30 p.m.	PVT SL	PVT SL	PVT SL	PVT SL	PVT SL			
3 p.m.	1:30 - 6:30	1:30 - 5:30	1:30 - 4	1:30 - 5:30	1:30 - 6:30			
3:30 p.m.								
4 p.m.								
4:30 p.m.	\$ Kids LTS		\$ Kids LTS					
5 p.m.	L4 & L5/C1		L4 & L5/C1					
5:30 p.m.								
5:30 p.m.	\$ Adult LTS		\$ Adult LTS					
6 p.m.	L2/C1		L2/C1					
6 p.m.	\$ Adult LTS		5:30 - 6:20					
6:30 p.m.	L3/C1							
6:30 p.m.	\$ Tri Swim		\$ Tri Swim		Adult Swim			
7 p.m.	L4/C1		L4/C1		6:30 - 7:45			
7:30 p.m.	6:45 - 8:45	Adult Swim		Adult Swim				
8 p.m.		7:30 - 8:45		7:30 - 8:45				
8:30 p.m.					Facility			
9 p.m.	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 lesson can occur in lap pool

Color						
Legend	Adult Swim	GEX Class	Open Swim / PVT SL	Adult Lunch Swim	Facility Closed	Paid Programs

Mercy Fitness Center Lap Pool Information: August - December 2018

The Mercy Fitness Center pool schedule is designed to provide general information on how and when the pool will be used. This schedule will be officially updated each quarter, except for minor schedule adjustments to accommodate special events, demo classes and staff trainings. When the schedule changes, we will notify members with signs at the Customer Service Desk, on the pool deck, and throughout Mercy Fitness Center. If you are interested in learning more about any of our training options or Medical Fitness Programs, please stop by the Customer Service Desk and speak with one of our member representatives or ask any aquatics team member for more details.

Mercy Fitness Center Pool Temperatures

Exercise Pool: 83-85 degrees

Lap Pool: 81-84 degrees

Hot Tub: 100-104 degrees

Lap Pool Descriptions

Adult Swim

During Adult Swim times, there will be no children's or youth aquatic classes offered.

Open Swim / PVT SL

During the "Open Swim/PSL" times, the lap pool will be open for general use. MFC staff reserves the right to schedule one-on-one aquatic services such as aqua personal training, Aqua Pilates and others. Please know that all children swim program participants must be 3 years old, accompanied by an adult, and will have their swim lesson taught in a regulated area of the Exercise Pool. The priority of the pool space is towards the general user.

Group Exercise Class

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

Paid Programs

During these times the lap pool is fully reserved. Mercy Fitness Center offers national award-winning aquatics programs to our members and non-members. Please look out for our free demo classes and come try out something new!