

Exercise Pool Schedule February 1 - March 31, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Facility Closed	Facility Closed
5:30	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00		
6							
6:30							
7	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim / PVT SL	Adult Swim	Adult Swim
7:30	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00			
8	Specialty Class	Specialty Class	Specialty Class	Specialty Class	7:00 - 10:30	Open Swim	
8:30	8:15 - 9:15	8:15 - 8:45	8:15 - 9:15	8:15 - 8:45			
9		GEX Classes		GEX Classes			
9:30	GEX Classes	9:00 - 11:50	GEX Classes	9:00 - 11:50	GEX Classes	Specialty Class	Open Swim / PVT SL
10	9:30 - 11:20		9:30 - 10:20				
10:30			Open Swim / PVT		10:30 - 11:20	GEX Class	10:00 - 12:00
11			10:30 - 5:00		Open Swim / PVT SL		
11:30	Specialty	Open Swim / PVT SL		Open Swim / PVT SL	11:30 - 6:30	Open Swim / PVT SL	Adult Swim
12	11:30 - 12:20						
12:30	Open Swim					Specialty Class	
1	PVT SL						
1:30	12:30 - 5:00					Open Swim / PVT SL	
2							
2:30						Open Swim / PVT SL	
3							
3:30		Specialty Class		Specialty Class		Adult Swim	
4		3:30 - 5:00		3:30 - 5:00			
4:30						Facility Closed	Facility Closed
5	Specialty Class		Specialty Class				
5:30	GEX Class		Open Swim / PVT SL				
6	5:30 - 6:20	Specialty Class					
6:30	Open Swim	6:00 - 6:50	Specialty Class	Specialty Class	Adult Swim	6:30 - 7:45	
7	PVT SL	Open Swim	6:30 - 7:20	6:30 - 7:20			
7:30	6:30 - 8:00	7:00 - 8:00	Adult Swim	Adult Swim	Facility		
8	Adult Swim	Adult Swim	7:30 - 8:45	7:30 - 8:45			
8:30	8:00 - 8:45	8:00 - 8:45			Closed		
8:45pm	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	Facility Closed	Paid Program Specialty Classes

Mercy Fitness Center

Exercise Pool Information: December 1 – January 31, 2019

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!