

## NYCC HEALTH & FITNESS CENTER FALL POOL SCHEDULE

<b>MONDAY</b>	
6:15 am - 7:45 am	Lap Swim
9:00 am - 9:45 am	Water Walking
10:00 am - 11:00 am	Adult Swim
11:15 am - Noon	Aquacise
Noon - 1:30 pm	Open Recreation
4:00 pm - 6:00 pm	Open Recreation
6:30 pm - 7:15 pm	Aquacise
7:30 pm - 8:30pm	Aqua Fit
<b>TUESDAY</b>	
6:15 am - 7:45 am	Lap Swim
9:00 am - 9:45 am	Silver Splash
10:00 am - Noon	Adult Swim
Noon - 1:30 pm	Open Recreation
4:00 pm - 6:00 pm	Open Recreation
6:00 pm - 6:45 pm	Water Walking
7:00 pm - 8:30 pm	Open Recreation
<b>WEDNESDAY</b>	
6:15 am - 7:45 am	Lap Swim
9:00 am - 9:45 am	Water Walking
10:00 am - 11:00 am	Adult Swim
11:15 am - Noon	Aquacise
Noon - 1:30 pm	Open Recreation
4:00 pm - 6:00 pm	Open Recreation
6:30 pm - 7:15 pm	Aquacise
7:30 pm - 8:30pm	Aqua Fit
<b>THURSDAY</b>	
6:15 am - 7:45 am	Lap Swim
9:00 am - 9:45 am	Silver Splash
10:00 am - Noon	Adult Swim
Noon - 1:30 pm	Open Recreation
4:00 pm - 6:00 pm	Open Recreation
6:00 pm - 6:45 pm	Water Walking
7:00 pm - 8:30 pm	Open Recreation
<b>FRIDAY</b>	
6:15 am - 7:45 am	Lap Swim
9:00 am - 9:45 am	Water Walking
10:00 am - 11:00 am	Adult Swim
11:15 am - Noon	Aquacise
Noon - 1:30 pm	Open Recreation
4:00 pm - 6:00 pm	Open Recreation
<b>SATURDAY</b>	
7:15 am -9:00 am	Lap Swim
9:15 am - 11:15 am	Swim Lessons
11:30 am - 12:30 pm	Open Recreation
<b>SUNDAY</b>	
9:15 am - 10:45 am	Lap Swim
11:00 am - 12:45 pm	Open Recreation

**\*Must register to participate in aquatics classes**