# NYCC HEALTH & FITNESS CENTER
## FALL POOL SCHEDULE

### MONDAY
- 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 - 8:30 pm: Aqua Fit

### TUESDAY
- 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

### WEDNESDAY
- 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 - 8:30 pm: Aqua Fit

### THURSDAY
- 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

### FRIDAY
- 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

### SATURDAY
- 7:15 am - 9:00 am: Lap Swim
- 9:15 am - 11:15 am: Swim Lessons
- 11:30 am - 12:45 pm: Open Recreation

### SUNDAY
- 9:15 am - 10:45 am: Lap Swim
- 11:00 am - 12:45 pm: Open Recreation

*Must register to participate in aquatics classes*