

March 2018

Building Schedule

Pool

MONDAY

6:30 - 7:30 am Lap Swim
 7:30 - 8:45 am Open Plunge
 8:45 - 9:30 am Water Aerobics
 9:30 - 10:30 am Open Plunge
 10:30 - 11:15 am Water Aerobics
 11:15 - 12:45 pm Lap Swim
 12:45 - 1:30 pm Arthritis Exercise
 1:45 - 2:45 pm Preschool Swim
 2:45 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Energy Splash
 5:30 - 6:15 pm Water Aerobics
 6:15 - 7:00 pm Open Plunge

TUESDAY

6:30 - 7:15 am Water Aerobics
 7:15 - 8:00 am Lap Swim
 8:00 - 8:45 am Water Aerobics
 8:45 - 9:30 am Water Aerobics
 9:30 - 11:15 am Open Plunge
 11:15 a.m. - 12:45 pm Lap Swim
 12:45 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Water Aerobics

WEDNESDAY

6:30 - 8:00 am Lap Swim
 8:00 - 8:45 am Open Plunge
 8:45 - 9:30 am Water Aerobics
 9:30 - 10:30 am Open Plunge
 10:30 - 11:15 am Water Aerobics
 11:15 - 12:45 pm Lap Swim
 12:45 - 1:30 pm Arthritis Exercise
 1:30 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Energy Splash
 5:30 - 6:15 pm Water Aerobics
 6:15 - 7:00 pm Open Plunge

THURSDAY

6:30 - 7:15 am Water Aerobics
 7:15 - 8:00 am Lap Swim
 8:00 - 8:45 am Water Aerobics
 8:45 - 9:30 am Water Aerobics
 9:30 - 12 noon Open Plunge
 12:00 - 1:00 pm Lap Swim
 1:00 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Water Aerobics

FRIDAY

6:30 - 8:45 am Lap Swim
 8:45 - 9:30 am Water Aerobics
 9:30 - 10:30 am Open Plunge
 10:30 - 11:15 am Water Aerobics
 11:15 - 12:45 pm Lap Swim
 12:45 - 1:30 pm Arthritis Exercise
 1:30 - 2:30 pm Montessori
 2:30 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Energy Splash
 5:30 - 6:15 pm Water Aerobics
 6:15 - 7:00 pm Family Plunge

SATURDAY

7:30 - 8:15 am Water Aerobics
 8:30 - 10:30 am Open Plunge
 10:30 - 11:15 am Swim Lessons
 11:15 - 12 noon Swim Lessons

gymnasium

MONDAY

6:30 - 7:15 am AM Total Toning
 7:30 - 10:15 am OPEN
 10:30 - 11:15 am Silver Sneakers
 12:05 - 12:50 pm Fitness Training Extreme
 1:00 - 4:00 pm OPEN
 4:30 - 8:00 pm Rental *
 6:10 - 8:00 pm Belly Dance *
 6:45 - 7:45 pm Tae Kwon Do *

TUESDAY

7:45 - 11:00 am OPEN
 12:05 - 12:50 pm Pilates
 1:00 - 4:00 pm OPEN
 4:30 - 7:30 pm Rental

WEDNESDAY

6:30 - 7:15 am AM Total Toning
 7:30 - 10:15 am OPEN
 10:30 - 11:15 am Silver Sneakers
 12:05 - 12:50 pm Fitness Training Extreme
 1:00 - 3:45 pm OPEN
 4:15 - 6:30 pm Rental
 5:15 - 6:45 pm Yoga *
 6:45 - 7:45 pm Tae Kwon Do *

THURSDAY

7:45 - 11:00 am OPEN
 12:05 - 12:50 pm Pilates
 1:00 - 4:00 pm OPEN
 4:30 - 7:30 pm Rental
 5:30 - 7:45 pm Dance*

FRIDAY

6:30 - 7:15 am AM Total Toning
 7:30 - 10:15 am OPEN
 10:30 - 11:15 am Silver Sneakers
 12:05 - 12:50 pm Fitness Training Extreme
 1:00 - 5:00 pm OPEN

SATURDAY

9:00 - 11:15 am Gymnastics*
 11:30 am - 1:00 pm OPEN
 1:30 - 3:00 pm Rental

body shop

MONDAY

6:00 am - 7:00 pm OPEN

TUESDAY

6:00 am - 10:30 am OPEN
 10:30 - 11:15 am Body Basics
 11:15 am - 7:45 pm OPEN

WEDNESDAY

6:00 am - 7:00 pm OPEN

THURSDAY

6:00 am - 10:30 am OPEN
 10:30 - 11:15 am Body Basics
 11:15 am - 7:45 pm OPEN

FRIDAY

6:00 am - 7:00 pm OPEN

SATURDAY

7:30 am - 3:00 pm OPEN

Special events and circumstances sometimes affect scheduled open gym, open swim and class times. Please watch the building for posted signs about schedule changes.

Children in the pool: Closed to others during these times.

Mar 15 2:00-4:00pm
 Mar 16 2:30-4:30pm
 Mar 30 2:30-4:30pm

The Gymnasium will be unavailable to the public from 8:00-9:00am on the following Thursdays:

March 1, 15, 22

★ Special Spring Break Pool Changes:

Mar 10 Family Plunge 8:30-10:30am
 Mar 12 Family Plunge 2:00-4:30pm
 Mar 13 Family Plunge 11:30am-3:30pm
 Mar 14 Family Plunge 2:00-4:30pm
 Mar 17 Family Plunge 8:30-10:30am

Closing at 5:30pm

Mar 12, Mar 13, Mar 14 & Mar 15

Closing at 4:30pm

Mar 16

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