



MARTIN LUTHER KING JR. RECREATION CENTER

FALL 2019, AUGUST 18 – NOVEMBER 23, 2019

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL, LOCAL AND NEIGHBORHOOD LEVEL PASSES/MEMBERSHIPS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 10:00 a.m. - 11:00 a.m.	Deep Water Aerobics 9:00 a.m. - 10:00 a.m.	Aqua Aerobics 10:00 a.m. - 11:00 a.m.	Deep Water Aerobics 9:00 a.m. - 10:00 a.m.	Aqua Aerobics 10:00 a.m. - 11:00 a.m.	
Therapy Water Walking 11:00 a.m. - 12:00 p.m.		Therapy Water Walking 11:00 a.m. - 12:00 p.m.		Therapy Water Walking 11:00 a.m. - 12:00 p.m.	
		Ai Chi 9:00 a.m. - 10:00 a.m.			

SWIM HOURS (LAP • OPEN • ADULT • THERAPY POOL • LESSONS)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	6:15 a.m. - 8:30 a.m. 11:30 a.m. - 2:00 p.m. 5:15 p.m. - 6:30 p.m.	6:15 a.m. - 8:30 a.m. 11:30 a.m. - 1:45 p.m.	6:15 a.m. - 8:30 a.m. 11:30 a.m. - 2:00 p.m. 5:15 p.m. - 6:30 p.m.	6:15 a.m. - 8:30 a.m. 11:30 a.m. - 1:45 p.m.	6:15 a.m. - 8:30 a.m. 11:30 a.m. - 2:00 p.m. 5:15 - 6:30 p.m.	9:00 a.m. - 11:15 a.m.
Open Swim	2:15 p.m. - 5:00 p.m.	2:00 p.m. - 4:45 p.m.	2:15 p.m. - 5:00 p.m.	2:00 p.m. - 4:45 p.m.	2:15 p.m. - 5:00 p.m.	
Adult Swim	8:45 a.m. - 10:00 a.m.				8:45 a.m. - 10:00 a.m.	
Therapy Pool	7:00 a.m. - 10:00 a.m. 12:00 p.m. - 6:00 p.m.	7:00 a.m. - 10:00 a.m. 11:30 a.m. - 6:00 p.m.	7:00 a.m. - 10:00 a.m. 12:00 p.m. - 6:00 p.m.	7:00 a.m. - 10:00 a.m. 11:30 a.m. - 6:00 p.m.	7:00 a.m. - 10:00 a.m. 12:00 p.m. - 6:00 p.m.	9:00 a.m. - 12:30 p.m.
Swim Lessons*		5:00 p.m. - 6:40 p.m.		5:00 p.m. - 6:40 p.m.		11:30 a.m. - 12:35 p.m.

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO RECREATION CENTER CLOSING

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY) | WINTER REGISTRATION BEGINS 11/05/2019

Fall Session Information: **Session I (08/27/19 - 09/21/19)** **Session II (10/01/19 - 10/26/19)** **Session III (11/05/19 - 12/07/19)**

Tuesday/Thursday

- 5:00 p.m. - 5:30 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)
- 5:35 p.m. - 6:05 p.m. ▪ Level 2, 3 (ages 5 - 17)
- 6:10 p.m. - 6:40 p.m. ▪ Swim Lessons (ages 15+) ▪ Level 4 (ages 5 - 17)

Saturday

- 11:30 a.m. - 12:00 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)
- 12:05 p.m. - 12:35 p.m. ▪ Level 2, 3 (ages 5 - 17)