October Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5:30-8:00 am	Lap Swim 5:30-7:00 am	Lap Swim 5:30-8:00 am	Lap Swim 5:30-7:00 am	Lap Swim 5:30-6:30 am	Lap Swim 6:00-9:00 am
	Wake Up 7:00-7:50 am	Masters 6:30-7:20 am	Wake Up 7:00-7:50 am	Masters 6:30-7:20 am	Swim Lessons 9:00-11:00 am
Aqua Wave 8:00-8:50 am	Open Swim 7:50-9:00 am	Aqua Wave 8:00-8:50 am	This N That 8:00-8:50 am	Aqua Wave 8:00-8:50 am	Lap Swim 11:00 am-1:00 pm
Deep Dynamics 9:00-9:50 am	Let's Dance! 9:00-9:50 am	Deep Dynamics 9:00-9:50 am	Open Swim 8:50-10:00 am	Deep Dynamics 9:00-9:50 am	Open Swim 1:00-4:45 pm
Aquacise 10:00-10:50 am	Belly Dance 10:00-10:50 am	Aquacise 10:00-10:50 am	Belly Dance 10:00-10:50 am	Aquacise 10:00-10:50 am	
Silver Splash 11:00-11:50 am	Aqua Aid 11:00-11:50 am	Silver Splash 11:00-11:50 am	Aqua Aid 11:00-11:50 am	Silver Splash 11:00-11:50 am	
Lap Swim 12:00-2:00 pm	Lap Swim 12:00-2:00 pm	Lap Swim 12:00-2:00 pm	Lap Swim 12:00-2:00 pm	Lap Swim 12:00-2:00 pm	
Open Swim 2:00-5:00 pm	AgeWell 2:00-3:00 pm	Open Swim 2:00-6:00 pm	AgeWell 2:00-3:00 pm	Open Swim 2:00-7:45 pm	
Masters Lite 5:00-5:50 pm	Open Swim 2:00-5:30 pm		Open Swim 2:00-5:30 pm		
	Aqua Aerobics 5:30-6:15 pm	Stroke Development 5:00-6:00 pm	Aqua Aerobics 5:30-6:15 pm		
Swim Lessons 6:15-7:30 pm	Swim Lessons 6:15-7:30 pm	Gym-N-Swim 6:15-7:30 pm	Swim Lessons 6:15-7:30 pm		
Open Swim 7:30-8:45 pm	Open Swim 7:30-8:45 pm	Open Swim 7:30-8:45 pm	Open Swim 7:30-8:45 pm		

SUNDAY
Lap Swim 12:00-2:00 pm
Open Swim 2:00-4:45 pm
Swim Lessons 2:00-4:45 pm

Special Events
October 5 and 19 - Boys and Girls Club Free Swim - 4:00 - 5:00pm (4 lanes)
October 6 - Private Event - 2:00-3:30pm (3 Lanes)

ATTENTION
There will always be at least one lane open at all times for lap swimmers.

Open swim time is for all ages. Children under the age of 12 must be accompanied by an adult.

All swimmers under the age of 16 must pass lap swim test in order to lap swim.

Lakeshore Fitness Center
Muskegon Community College