

**FMAAC Warm Pool Schedule
MAY 30-JUNE 2022
Schedule subject to change**

NO OPEN SWIM IN WARM POOL

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	
5:30AM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	
6AM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	
6:30AM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	
7AM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	
7:30AM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	
8AM		Wake up with Waves	Stretch & Flex	Wake up with Waves	Stretch & Flex	Wake up with Waves	Special Olympics
8:30AM		Wake up with Waves	Stretch & Flex	Wake up with Waves	Stretch & Flex	Wake up with Waves	Special Olympics
9AM		Aqua Attitude	Workout for Arthritis	Aqua Attitude	Workout for Arthritis	Aqua Attitude	Ind. Adult Exercise
9:30AM		Aqua Attitude	Workout for Arthritis	Aqua Attitude	Workout for Arthritis	Aqua Attitude	Ind. Adult Exercise
10AM		Water Works	Sr Jumping Jack	Water Works	Sr Jumping Jack	Water Works	Ind. Adult Exercise
10:30AM		Water Works	Sr Jumping Jack	Water Works	Sr Jumping Jack	Water Works	Ind. Adult Exercise
11AM	Ind. Adult Exercise	Gentle Movements	Sr Aquacize	Gentle Movements	Sr Aquacize	Gentle Movements	Ind. Adult Exercise
11:30AM	Ind. Adult Exercise	Gentle Movements	Sr Aquacize	Gentle Movements	Sr Aquacize	Gentle Movements	Ind. Adult Exercise
NOON	Ind. Adult Exercise	Silver Sneakers Splash		Silver Sneakers Splash		Silver Sneakers Splash	Ind. Adult Exercise
12:30PM	Ind. Adult Exercise	Silver Sneakers Splash	Aquatic Kickboxing	Silver Sneakers Splash	Aquatic Kickboxing	Silver Sneakers Splash	Ind. Adult Exercise
1PM	Ind. Adult Exercise	Ind. Adult Exercise	Aquatic Kickboxing	Ind. Adult Exercise	Aquatic Kickboxing	Ind. Adult Exercise	Ind. Adult Exercise
1:30PM	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise
2PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
2:30PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
3PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
3:30PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
4PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
4:30PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
5PM	Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Therapy Groups/Ind. Adult Exercise	Ind. Adult Exercise
5:30PM	Ind. Adult Exercise	Aqua Aerobics	Aquatic Kickboxing	Aqua Boot Camp	Aqua Zumba	Aqua Zumba	Ind. Adult Exercise
6PM		Aqua Aerobics	Aquatic Kickboxing	Aqua Boot Camp	Aqua Zumba	Aqua Zumba	
6:30PM		Aqua Yoga Pump	Deep H2O Aerobics	Ind. Adult Exercise	Deep H2O Aerobics	Stretch Flex and Balance	
7PM		Ind. Adult Exercise	Deep H2O Aerobics	Ind. Adult Exercise	Deep H2O Aerobics	Stretch Flex and Balance	
7:30PM		Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	Ind. Adult Exercise	

*** Key		Lap Swimmers allowed during class time, if class participation is less than 10 people and no swim lessons are going on. Must wait 10 minutes after class start time.	100% of pool available for lap swim and/or independent adult exercise.	50% of pool available due to therapy groups being here	***POOLS CLOSE 15 MINUTES BEFORE POSTED CLOSING TIME.	Pool Closed on Saturday June 4, June 25 and Sunday June 26 for swim meets.	
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