

\*\*\*POOLS CLOSE 15 MINUTES BEFORE POSTED CLOSING TIME.

FMACC Warm Pool Schedule  
Jan. 30- May 28  
Revised 2/9/2021

Schedule Subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
5:30AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
6AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
6:30AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7:30AM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
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	Attitude	Arthritis	Attitude	Arthritis	Attitude	Special Olympics
9:30AM	Attitude	Arthritis	Attitude	Arthritis	Attitude	Independent Adult Ex.
10AM	Works	Sr Jumping Jack	Works	Sr Jumping Jack	Works	Independent Adult Ex.
10:30AM	Works	Sr Jumping Jack	Works	Sr Jumping Jack	Works	Independent Adult Ex.
11AM	Gentle Movements	Sr Aquacize	Gentle Movements	Sr Aquacize	Gentle Movements	Swim Lessons
11:30AM	Gentle Movements	Sr Aquacize	Gentle Movements	Sr Aquacize	Gentle Movements	Swim Lessons
NOON	Silver Sneakers Splash	Independent Adult Ex.	Silver Sneakers Splash	Independent Adult Ex.	Independent Adult Ex.	Swim Lessons
12:30PM	Silver Sneakers Splash	Aquatic Kickboxing	Silver Sneakers Splash	Aquatic Kickboxing	Independent Adult Ex.	Birthday Parties
1PM	Independent Adult Ex.	Aquatic Kickboxing	Independent Adult Ex.	Aquatic Kickboxing	Independent Adult Ex.	Birthday Parties
1:30PM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Birthday Parties
2PM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Birthday Parties
2:30PM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Birthday Parties
3PM	Independent Adult Ex.	Therapy Groups	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Birthday Parties
3:30PM	Independent Adult Ex.	Therapy Groups	Independent Adult Ex.	Independent Adult Ex.	Therapy Groups	Birthday Parties
4PM	Independent Adult Ex.	Therapy Groups	Independent Adult Ex.	Independent Adult Ex.	Therapy Groups	Birthday Parties
4:30PM	Independent Adult Ex.	Therapy Groups	Independent Adult Ex.	Independent Adult Ex.	Therapy Groups	Birthday Parties
5PM	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
5:30PM	Deep Aerobics	Aquatic Kickboxing	Aqua Boot Camp	Aqua Fusion	Aqua Zumba	
6PM	Deep Aerobics	Aquatic Kickboxing	Aqua Boot Camp	Aqua Fusion	Aqua Zumba	
6:30PM	Deep Aerobics	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7PM	Deep Conditioning	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
7:30PM	Deep Conditioning	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	Independent Adult Ex.	
*** Key	Closed to Public	100% of pool available for lap swim or independent adult exercise	50% of pool available due to therapy groups being here			