

**POOL CLASSES 2018**

|             | <u>Monday</u>                                      | <u>Tuesday</u>            | <u>Wednesday</u>                     | <u>Thursday</u>           | <u>Friday</u>                        | <u>Saturday</u> | <u>Sunday</u> |
|-------------|--|---------------------------|--------------------------------------|---------------------------|--------------------------------------|-----------------|---------------|
| 5:00 AM     | POOL OPENS   | POOL OPENS                | POOL OPENS                           | POOL OPENS                | POOL OPENS                           |                 |               |
| 7:00 AM     |  |                           |                                      |                           |                                      | POOL OPENS      |               |
| 8:15 AM     | AQUA CDP CECE                                      | AQUA BOOTCAMP TAMIKA      | AQUA CDP CECE                        | AQUA BOOTCAMP TAMIKA      |                                      |                 |               |
| 9:00 AM     | AQUA FITNESS TAMIKA*                               | AQUA FITNESS TAMIKA       | AQUA FITNESS TAMIKA*                 | AQUA FITNESS TAMIKA       |                                      |                 |               |
| 9:30 AM     |  |                           |                                      |                           | AQUA COMBO SHERRY                    |                 |               |
| 10:00 AM    | ARTHRITIS WELLNESS TAMIKA                          | ARTHRITIS WELLNESS TAMIKA | ARTHRITIS WELLNESS TAMIKA            | ARTHRITIS WELLNESS TAMIKA |                                      |                 |               |
| 10:45 AM    |  |                           |                                      |                           |                                      |                 |               |
| 11AM-12     |  |                           |                                      |                           |                                      |                 |               |
| 1:00 PM     | AQUA THERAPY REHAB LAP/POOL EXERCISE               |                           | AQUA THERAPY REHAB LAP/POOL EXERCISE |                           | AQUA THERAPY REHAB LAP/POOL EXERCISE |                 | POOL OPENS    |
| 1:30 PM     |  |                           |                                      |                           |                                      |                 |               |
| 1 - 4:30 PM |  |                           |                                      |                           |                                      | FAMILY SWIM     |               |
| 3 - 5:30 PM |  |                           |                                      |                           |                                      |                 | FAMILY SWIM   |
| 3:15 PM     | AQUA CDP CECE                                      |                           | AQUA CDP CECE                        |                           | FAMILY SWIM                          |                 |               |
| 4:00 PM     |  |                           |                                      |                           |                                      |                 |               |
| 4:15 PM     | AQUA TONING CECE                                   |                           | AQUA TONING CECE                     |                           |                                      |                 |               |
| 4:30 PM     |  |                           |                                      |                           |                                      | POOL CLOSED     |               |
| 4:30 PM     |  | ADULT SWIM CLASS KRISS    |                                      | ADULT SWIM CLASS KRISS    |                                      |                 |               |
| 4:45 PM     | KIDS BEGINNER LEARN TO SWIM REBECCA                |                           |                                      |                           |                                      |                 |               |
| 5:45 PM     | KIDS BEGINNER LEARN TO SWIM REBECCA                |                           |                                      |                           |                                      |                 |               |
| 5:15 PM     | AQUA TONING CECE                                   |                           | AQUA TONING CECE                     |                           |                                      |                 |               |
| 5:15 PM     |  | AQUA FITNESS BARBARA      |                                      | AQUA FITNESS BARBARA      |                                      |                 | POOL CLOSED   |
| 6:45 PM     | KIDS INTERMEDIATE / ADVANCED LEARN TO SWIM REBECCA |                           |                                      |                           |                                      |                 |               |
| 7:00 PM     | FAMILY SWIM  | FAMILY SWIM               | FAMILY SWIM                          | FAMILY SWIM               |                                      |                 |               |
| 7:30 PM     |  |                           |                                      |                           | POOL CLOSED                          |                 |               |
| 9:00 PM     | POOL CLOSED  | POOL CLOSED               | POOL CLOSED                          | POOL CLOSED               |                                      |                 |               |

**PARENTAL SUPERVISION IS REQUIRED FOR FAMILY SWIM!**

|               | <u>MAFC HOURS</u>      | <u>CHILD CARE HOURS</u> |                       | <u>POOL HOURS</u>     |
|---------------|------------------------|-------------------------|-----------------------|-----------------------|
| MON. - THURS. | 5:00 A.M. - 10:00 P.M. | 8:00 A.M. - 12:30 P.M.  | 4:00 P.M. - 7:30 P.M. | 5:00 A.M. - 9:00 P.M. |
| FRIDAY        | 5:00 A.M. - 8:00 P.M.  | 8:00 A.M. - 12:30 P.M.  | NO EVENING            | 5:00 A.M. - 7:30 P.M. |
| SATURDAY      | 7:00 A.M. - 5:00 P.M.  | 8:30 A.M. - 11:30 A.M.  | NO EVENING            | 7:00 A.M. - 4:30 P.M. |
| SUNDAY        | 1:00 P.M. - 6:00 P.M.  | NO SUNDAY               | NO SUNDAY             | 1:00 P.M. - 5:30 P.M. |

**MARVIN ALTMAN FITNESS CENTER**  
 P.O. BOX 2406  
 FORT SMITH, AR. 72902  
 479-441-5469

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