

**MICHIGAN ATHLETIC CLUB
SWIMMING POOL SCHEDULE
12/28/09 - 01/03/10**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 - 7:00 AM	ADULT SWIM 5:00 - 9:10	ADULT SWIM 5:00 - 9:00	ADULT SWIM 5:00 - 9:10	ADULT SWIM 5:00 - 9:00	CLOSED	CLOSED	CLOSED	
7:00 - 9:00 AM		FINS 5:30 - 6:30	AQUA CHALL 6:00 - 6:45	FINS 5:30 - 6:30		ADULT SWIM 8:00 - 9:10		ADULT SWIM 7:00 - 8:30
9:00 - 10:00 AM	AQUA FIT* 9:10 - 10:00	ADULT SWIM 6:30 - 9:00	AQUA FIT* 9:15 - 10:00	ADULT SWIM 8:45 - 9:30	AQUA FIT* 9:10 - 10:00	AQUA CHAL*** 8:30 - 9:30	ADULT SWIM 8:00 - 10:00	
10:00 - 11:00 AM	FAMILY SWIM 10:00 - 12:00	FAMILY SWIM 9:00 - 12:00	AQUA YOGA 10:00 - 10:30	FAMILY SWIM 9:30 - 12:00	AQUA YOGA 10:00 - 10:30	FAMILY SWIM AND/OR BIRTHDAY PARTIES 9:30 - 8:00	FAMILY SWIM 10:00 - 7:00	
11:00 - 12:00 PM			FAMILY SWIM 10:30 - 12:00		ADULT SWIM 12:00 - 1:00			ADULT SWIM 12:00 - 1:00
12:00 - 1:00 PM	ADULT SWIM 12:00 - 1:00	ADULT SWIM 12:00 - 1:00	ADULT SWIM 12:00 - 1:00	ADULT SWIM 12:00 - 1:00				
1:00 - 2:00 PM	FAMILY SWIM 1:00 - 2:00	FAMILY SWIM 1:00 - 4:30	FAMILY SWIM 1:00 - 8:00	FAMILY SWIM 1:00 - 4:00	ADULT SWIM 4:00 - 5:00			
2:00 - 3:00 PM	ADULT SWIM** 2:00 - 4:00			FAMILY SWIM 1:00 - 4:00				ADULT SWIM 4:00 - 5:00
3:00 - 4:00 PM	FAMILY SWIM 4:00 - 8:00			AQUA CHALL 4:30 - 5:15				
4:00 - 5:00 PM		AQUA ARTHRITIS 5:30 - 6:15	ADULT SWIM 4:00 - 5:00					
5:00 - 6:00 PM		FAMILY SWIM 6:15 - 8:00		CLOSED 8:00	CLOSED 8:00			
6:00 - 7:00 PM		ADULT SWIM** 8:15 - 10:00	ADULT SWIM 8:00 - 10:00					ADULT SWIM 7:00 - 8:00
7:00 - 8:00 PM	ADULT SWIM 8:00 - 10:00		ADULT SWIM 8:00 - 10:00					
8:00 - 9:00 PM	ADULT SWIM** 8:15 - 10:00	ADULT SWIM 8:00 - 10:00	ADULT SWIM 8:00 - 10:00	ADULT SWIM 8:00 - 10:00	CLOSED 8:00	CLOSED 8:00		
9:00 - 10:00 PM							ADULT SWIM 8:00 - 10:00	ADULT SWIM 8:00 - 10:00

* = NO LANES are available for LAP SWIM at this time. Thank you for your cooperation.

** = ONE LANE may be used exclusively for Swim Lessons/Private Lesson Instruction.

*** = THREE LANES may be used exclusively for Swim Lessons/Aqua Fintess with ONE LANE open for CIRCLE SWIMMING.

PLEASE NOTE THAT PRIVATE AND SEMI-PRIVATE LESSON INSTRUCTION MAY OCCUR DURING ALL POSTED OPEN SWIM HOURS.

NOTE: EGRA WINTER WAVES begin practice on Tuesday 01/05 - Thursday 02/25 Thank you.