



# STOLLE CENTER POOL SCHEDULE

UPDATED 9/6

## MONDAY & WEDNESDAY

|        | 7:00AM – 8:00AM | 8:00AM – 10:00AM | 10:00AM – 12:00PM | 12:00PM – 12:45PM | 12:45PM – 3:30PM | 3:30PM – 5:15PM  | 5:15PM – 6:15PM | 6:15PM – 7:15PM |
|--------|-----------------|------------------|-------------------|-------------------|------------------|------------------|-----------------|-----------------|
| LANE 1 | WALK            | WATER FITNESS    | WALK              | COMM. ARTHRITIS   | WALK             | WALK & ATRIUM MC | WALK            | WATER FITNESS   |
| LANE 2 | FLEX            | WATER FITNESS    | FLEX              | COMM. ARTHRITIS   | FLEX             | WALK & ATRIUM MC | FLEX            | WATER FITNESS   |
| LANE 3 | LAP             | WALK             | LAP               | WALK              | LAP              | LAP              | LAP             | WATER FITNESS   |

## TUESDAY & THURSDAY

|        | 7:00AM – 8:00AM | 8:00AM – 10:00AM | 10:00AM – 10:30AM | 10:30AM – 11:30AM | 11:30AM – 12:00PM | 12:00PM – 12:45PM | 12:45PM – 6:15PM | 6:15PM – 7:15PM |
|--------|-----------------|------------------|-------------------|-------------------|-------------------|-------------------|------------------|-----------------|
| LANE 1 | WALK            | WATER FITNESS    | WATER FITNESS     | WALK & ATRIUM MC  | WALK              | COMM. ARTHRITIS   | WALK             | WATER FITNESS   |
| LANE 2 | FLEX            | WATER FITNESS    | WATER FITNESS     | WALK & ATRIUM MC  | FLEX              | COMM. ARTHRITIS   | FLEX             | WATER FITNESS   |
| LANE 3 | LAP             | WALK             | WALK              | LAP               | LAP               | WALK              | LAP              | WATER FITNESS   |

## FRIDAY

|        | 7:00AM – 8:00AM | 8:00AM – 10:00AM | 10:00AM – 7:30PM |
|--------|-----------------|------------------|------------------|
| LANE 1 | WALK            | WATER FITNESS    | WALK             |
| LANE 2 | FLEX            | WATER FITNESS    | FLEX             |
| LANE 3 | LAP             | WALK             | LAP              |

## SATURDAY

|        | 7:00AM – 3:00PM |
|--------|-----------------|
| LANE 1 | WALK            |
| LANE 2 | FLEX            |
| LANE 3 | LAP             |

## SUNDAY

|        | 12:00PM – 5:45PM |
|--------|------------------|
| LANE 1 | WALK             |
| LANE 2 | FLEX             |
| LANE 3 | LAP              |