



MARTIN LUTHER KING JR. RECREATION CENTER

SUMMER 2018, MAY 27 - JULY 26

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL, LOCAL AND NEIGHBORHOOD LEVEL PASSES/MEMBERSHIPS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 10:00 - 11:00 a.m.	Deep Water Aerobics 9:00 - 10:00 a.m.	Aqua Aerobics 10:00 - 11:00 a.m.	Deep Water Aerobics 9:00 - 10:00 a.m.	Aqua Aerobics 10:00 - 11:00 a.m.	
Arthritis Foundation Therapy Water Walking 11:00 a.m. - 12:00 p.m.		Arthritis Foundation Therapy Water Walking 11:00 a.m. - 12:00 p.m.		Arthritis Foundation Therapy Water Walking 11:00 a.m. - 12:00 p.m.	

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 2 Lanes *	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 5:30 - 6:30 p.m. *	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m.	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 5:30 - 6:30 p.m. *	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m.	6:00 - 8:30 a.m. 11:30 a.m. - 12:45 p.m. 5:30 - 6:30 p.m. *	9:00 - 11:15 a.m.
Open Swim	3:00 - 5:30 p.m.	3:00 - 4:45 p.m.	3:00 - 4:30 p.m.	3:00 - 4:45 p.m.	3:00 - 5:30 p.m.	
Adult Swim	8:45 a.m.-10:00 a.m.		8:45 a.m.- 10:00 a.m.		8:45 a.m.- 10:00 a.m.	
Therapy Pool	7:30 - 10:00 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 11:30 a.m.- 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 11:30 a.m. - 12:45 p.m. 3:00 - 6:00 p.m.	7:30 - 10:00 a.m. 11:30 a.m.- 12:45 p.m. 3:00 - 6:00 p.m.	9:00 - 12:30 a.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Summer Season Information

Session I (06/03/18 - 06/30/18)

Session II (07/08/18 - 08/04/18)

Registration Begins: 05/08/2018

Tuesday/Thursday

5:00 - 5:30 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)

5:30 - 6:00 p.m. ▪ Level 2, 3 (ages 5 - 17)

6:00 - 6:30 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 4 (ages 5 - 17)

10:00 a.m. - 12:00 p.m. ▪ Swim Team (ages 5 - 18)

Saturday

11:30 a.m. - 12:00 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)

12:00 - 12:30 p.m. ▪ Level 2, 3 (ages 5 - 17)

Fall Season Information

Session I (08/28/18 - 09/22/18)

Session II (10/02/18 - 10/27/18)

Session III (11/6/18 - 12/08/18)

Tuesday/Thursday

5:00 - 5:30 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)

5:30 - 6:00 p.m. ▪ Level 2, 3 (ages 5 - 17)

6:00 - 6:30 p.m. ▪ Swim Lessons (ages 15+) ▪ Level 4 (ages 5 - 17)

Saturday

11:30 a.m. - 12:00 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)

12:00 - 12:30 p.m. ▪ Level 2, 3 (ages 5 - 17)

Registration Begins: 07/31/18