

# FITNESS POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am	FITNESS POOL TEMPERATURE <b>88°F</b>		ADULT SWIM 5-6:30am		ADULT SWIM 5-6:30am		
6am		ADULT SWIM 5-8:30am	HYDRO-FIT 6:30-7:30am	ADULT SWIM 5-8:30am	HYDRO-FIT 6:30-7:30am	ADULT SWIM 5-8:30am	
7am	ADULT SWIM 7-10am						ADULT SWIM 7-10am
8am		WATER WORKS 8:30-9:30am		WATER WORKS 8:30-9:30am		WATER WORKS 8:30-9:30am	
9am	FAMILY SWIM 10am-7pm  Pool may be in use for Birthday Parties	ADULT SWIM 9:30-11am	ADULT SWIM 7am-2pm	ADULT SWIM 9:30-11am	ADULT SWIM 7am-2pm	ADULT SWIM 9:30-11am	FAMILY SWIM 10am-7pm
10am		AQUA THEREX 11am-12pm		AQUA THEREX 11am-12pm		AQUA THEREX 11am-12pm	
11am		ADULT SWIM 12-2pm		ADULT SWIM 12-2pm		ADULT SWIM 12-2pm	
12pm		KIDSCAMP/FAMILY SWIM 2-3pm		KIDSCAMP/FAMILY SWIM 2-3pm		KIDSCAMP/FAMILY SWIM 2-3pm	
1pm		FAMILY SWIM/ SWIM LESSONS 3-5:30pm		FAMILY SWIM/ SWIM LESSONS 3-5:30pm		FAMILY SWIM/ SWIM LESSONS 3-5:30pm	
2pm	SHALLOW/DEEP CARDIO 5:30-6:30pm		FAMILY SWIM/ SWIM LESSONS 4-8pm		FAMILY SWIM/ SWIM LESSONS 3-8pm		FAMILY SWIM/ SWIM LESSONS 4-8pm
3pm		NCC LESSONS 3-4pm		NCC LESSONS 3-4pm		NCC LESSONS 3-4pm	
4pm							
5pm	ADULT SWIM 7-8pm		ADULT SWIM 8-9pm		ADULT SWIM 8-9pm		ADULT SWIM 7-8pm
6pm		MOONLIGHT SWIM 8-9pm		MOONLIGHT SWIM 8-9pm		MOONLIGHT SWIM 8-9pm	
7pm							
8pm							

**ADULT SWIM** Available to members 14 years and older. No Lifeguard on duty.

**NCC LESSONS** Pool is exclusively RESERVED for our Newberry Preschool students during this time.

**WATER FITNESS CLASSES** Pool is exclusively RESERVED for class participants. Descriptions of water fitness classes are available on the Group Exercise Handout.

**FAMILY SWIM/SWIM LESSONS** Available to all members. Children under 14 years must be accompanied by an adult. No Lifeguard is on duty. Kids Camp participants will be in the pool M-F from 2-3pm. Private/Semi-Private Lessons may occur during Family Swim, please allow instructor and participant plenty of space.

**CHILDREN'S SPA USAGE** Children must be potty trained to use the spa. Children under 14 are permitted in the spa during Family Swim, or for 5 minutes following lessons. Children must have a parent within arms reach. Spa time is limited to 5 minutes, and children must sit quietly. No toys are permitted.



999 Willamette St. • phone 484-4011 • [www.downtownac.com](http://www.downtownac.com)

DAC hours: Mon-Fri 5 a.m. - 9 p.m., Sat and Sun 7 a.m. - 8 p.m.

