

# FAIRMONT AQUATIC CENTER POOL HOURS & FITNESS CLASSES September 20 - 27

**\*\*Check Lane Availability for Lane Space\*\***

## **Saturday, September 20**

Lap Swim: 7:00am-10:00am & 1:00pm-6:00pm  
Open Water Walking (current channel on): 1:00pm-2:00pm  
Open Swim (Kids Leisure Pool): 2:00pm-5:30pm

## **Sunday, September 21**

Lap Swim: 10:00am-4:00pm  
Open Swim (Kids Leisure Pool): 10:00am-3:30pm

## **Monday, September 22**

Lap Swim: 6:00am-12:00pm & 4:00pm-8:00pm  
AquaFit: 9:30am-11:00am **No Instructor, Open Lanes**  
Cardio Conditioning: 11:00am-12:00pm  
Water Walking Class (current channel on at 12:30pm): 12:00pm-1:00pm

## **Tuesday, September 23**

Lap Swim: 6:00am-8:00am & 10:00am-1:00pm & 4:00pm-7:00pm  
Open Water Walking (current channel on): 8:00am-10:00am  
Yoga: 9:00am-10:00am  
Open Swim (Kids Leisure Pool): 4:00pm-6:00pm

## **Wednesday, September 24**

Lap Swim: 6:00am-12:00pm & 4:00pm-8:00pm  
AquaFit: 9:30am-11:00am **No Instructor, Open Lanes**  
Cardio Conditioning: 11:00am-12:00pm  
Water Walking Class (current channel on at 12:30pm): 12:00pm-1:00pm

## **Thursday, September 25**

Lap Swim: 6:00am-8:00am & 10:00am-1:00pm & 4:00pm-7:00pm  
Open Water Walking (current channel on): 8:00am-10:00am  
Open Swim (Kids Leisure Pool): 4:00pm-6:00pm

## **Friday, September 26**

Lap Swim: 6:00am-10:30am & 4:00pm-6:00pm  
AquaFit: 9:30am-11:00am **No Instructor, Open Lanes**  
Open Water Walking (current channel on): 10:30am-12:00pm  
Water Walking Class (current channel on at 12:30pm): 12:00pm-1:00pm

## **Saturday, September 27**

Lap Swim: 7:00am-10:00am & 1:00pm-6:00pm  
Open Water Walking (current channel on): 1:00pm-2:00pm  
Open Swim (Kids Leisure Pool): 2:00pm-5:30pm