Eleanor Misener Aquatic Centre, Brock University

Weekly Pool Schedule

March 30 - April 5, 2015

TIME:	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
7:00-7:30am							
7:30-8:00am							
8:00-8:30am							
8:30-9:00am							
9:00-9:30am							
9:30-10:00am	**Lane Swim 7:00am-9:50pm**		**Lane Swim 7:00am-9:50pm**				
10:00-10:30am		**Lane Swim 7:00am-5:30pm**		**Lane Swim 7:00am-5:30pm**			
10:30-11:00am							
11:00-11:30pm							
11:30-12:00pm							
12:00-12:30pm					**CLOSED FOR GOOD FRIDAY**		**CLOSED FOR EASTER**
12:30-1:00pm							
1:00-1:30pm						**FUN SWIM 1:00pm-3:30pm**	
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm						**Lane Swim 3:30-5:00pm**	
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm							
5:00-5:30pm							
5:30-6:00pm							
6:00-6:30pm							
6:30-7:00pm							
7:00-7:30pm							
7:30-8:00pm							
8:00pm-8:30pm				**FUN SWIM 8:00pm-9:50pm**			
8:30pm-9:00pm							
9:00pm-9:50pm							

L E G E N D :

- Pool Space Available
- Limited Space available
- Pool Not Available

www.brocku.ca/aquatics

schedule subject to change

Pool Availablity for the week of March 30, 2015

Monday,March 30

BNA & Varsity	5:30am-7:30pm 6 Lanes (50m)
Cardio Pool Party	12:10pm-12:50pm
Niagara Marine Unit	1:00pm-3:00pm 3 Lanes Deep
BNA & Varsity	4:00pm-6:00pm
Swim Lessons	4:00pm-10:00pm
2 Lanes Shallow Available	**4:00pm-7:00pm**

Tuesday, March 31

BNA & Varsity	5:30am-7:30pm 6 Lanes (50m)
Niagara Marine Unit	9:00am-11:00am 3 Lanes Deep
Core/Resistenace Training	12:10pm-12:50pm
2 Lanes Available (35m)	**4:30pm-5:30pm**
Swim Lessons	4:30pm-8:00pm
AQUAFIT	7:10pm-7:50pm

Wednesday, March 1

Swim to Survive	11:00am-12:00pm
BNA & Varsity/Swim Lessons	4:00pm-10:00pm
2 Lanes Shallow Available	**4:00pm-7:00pm**
SCUBA	9:00pm-10:00pm Deep

Thursday, March 2

BNA & Varsity	5:30am-7:30am 6 lanes (50m)
Tethering Aqua Jogging	12:10pm-12:50pm
2 Lanes Available (35m)	**4:30pm-5:30pm**
Swim Lessons	4:30am-8:00pm
Aqua Boot Camp	7:10pm-7:50pm

Friday, March 3

BNA & Varsity	7:00am-10:00am 6 Lanes (50m)

Saturday, March 4

BNA & Varsity	7:00am-9:00am
Swim Lessons	9:00am-1:00pm

Sunday, March 5

CLOSED FOR EASTER