




Eleanor Misener Aquatic Centre, Brock University

Weekly Pool Schedule

January 26 - February 1, 2015

TIME:	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
7:00-7:30am							
7:30-8:00am							
8:00-8:30am							
8:30-9:00am							
9:00-9:30am	Lane Swim 7:00am-9:50pm	Lane Swim 7:00am-5:30pm	Lane Swim 7:00am-9:50pm	Lane Swim 7:00am-5:30pm	Lane Swim 7:00am-7:30pm		
9:30-10:00am							
10:00-10:30am							
10:30-11:00am							
11:00-11:30pm							
11:30-12:00pm							Lane Swim 11:30am-1:00pm
12:00-12:30pm							
12:30-1:00pm							
1:00-1:30pm							
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm							
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							
8:30pm-9:00pm							
9:00pm-9:50pm							

LEGEND :

	Pool Space Available to Public
	Limited Space available
	Pool Not Available

www.brocku.ca/aquatics

schedule subject to change

Pool Availability for the week of January 26, 2015

Monday, January 26

BNA & Varsity	7:00am-8:00pm 6 Lanes (50m)
VISA	9:00am-12:00pm Deep
Cardio Pool Party	12:10pm-12:50pm
BNA & Varsity	4:00pm-6:00pm
Swim Lessons	4:00pm-10:00pm

Tuesday, January 27

BNA & Varsity	5:30am-7:30pm 6 Lanes (50m)
Core/Resistenace Training	12:10pm-12:50pm
NRP Marine Unit	1:00pm-3:00pm 3 Lanes Deep
2 Lanes Available (35m)	4:30pm-5:30pm
Swim Lessons	4:30pm-8:00pm

Wednesday, January 28

Aqua Boot Camp	7:10am-7:50am
Swim Meet	9:00am-4:00pm Deep
BNA & Varsity/Swim Lessons	4:00pm-10:00pm
SCUBA	9:00pm-10:00pm Deep

Thursday, January 29

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

Friday, January 30

School Booking	10:00am-12:00pm Deep & Mid Third
Tri Training	11:30am-12:30pm 2 Lanes Shallow
Cardio Pool Party	12:10pm-12:50pm
BNA & Varsity	3:30pm-7:30pm

Saturday, January 31

BNA & Varsity	7:00am-9:00am 8 Lanes (50m)
Swim Lessons	9:00am-1:00pm
SNAP	2:45pm-3:45pm

Sunday, February 1

Varsity	10:00am-11:30am
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