

Eleanor Misener Aquatic Centre, Brock University

Weekly Pool Schedule

February 2 - 8, 2015

TIME:	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8	
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						FUN SWIM 1:00pm-3:30pm	FUN SWIM 1:00pm-3:30pm	
1:30-2:00pm								
2:00-2:30pm								
2:30-3:00pm								
3:00-3:30pm								
3:30-4:00pm						Lane Swim 3:30-5:00pm	Lane Swim 3:30pm-5:00pm	
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		FUN SWIM 8:00pm-9:50pm	FUN SWIM 7:30pm-9:50pm			
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 February 2, 2015

Monday, February 2

BNA & Varsity 7:00am-8:00pm 6 Lanes (50m)
Cardio Pool Party 12:10pm-12:50pm
Swim Team 3:00pm-4:00pm 2 Lanes
BNA & Varsity 4:00pm-6:00pm
Swim Lessons 4:00pm-10:00pm
2 Lanes Shallow Available 4:00pm-7:00pm

Tuesday, February 3

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

Wednesday, February 4

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

Thursday, February 5

BNA & Varsity 6:00am-7:30am 6 lanes (50m)
Charm 9:30am-11:00am
Tethering Aqua Jogging 12:10pm-12:50pm
Swim Team 3:00pm-4:00pm 2 Lanes Deep
2 Lanes Available (35m) 4:30pm-5:30pm
Swim Lessons 4:30am-8:00pm
Aqua Boot Camp 7:10pm-7:50pm

Friday, February 6

Tri Training 11:30am-12:30pm 2 Lanes Shallow
Cardio Pool Party 12:10pm-12:50pm
BNA & Varsity 3:30pm-7:30pm
4 Lanes Shallow Available 6:00pm-7:30pm

Saturday, February 7

Swim Lessons 9:00am-1:00pm
SNAP 2:45pm-3:45pm

Sunday, February 8