

# MOLALLA AQUATIC CENTER



## WINTER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am	Aquacise		Aquacise		Circuits		BOOK YOUR BIRTHDAY PARTY PACKAGE NOW! (503) 759- POOL
8:00am		Power & Strength	Circuits & Intervals	Water Gym		Water Boot Camp	
9:00am		Tot Time	Tot Time	Tot Time	Aqua Stretch*	Deep Water Fitness	
10:00am					Open Swim 10:00 A.M. - 12:00 P.M.	LESSONS	
11:00am	LESSONS		LESSONS	Arthritis		Tot Time	
12:00pm	Aquacise	Arthritis	Aquacise		Pilates		
1:00pm							
2:00pm	CLOSED 1:00 P.M. - 4:00 P.M.	CLOSED 12:00 P.M. - 4:00 P.M.	CLOSED 1:00 P.M. - 4:00 P.M.	CLOSED 12:00 P.M. - 4:00 P.M.	CLOSED 1:00 P.M. - 4:00 P.M.	OPEN SWIM SATURDAY & SUNDAY 1:00 P.M. TO 5:00 P.M.	
3:00pm							
4:00pm	SWIM TEAM	MHS	SWIM TEAM	MHS	SWIM TEAM		
5:00pm	Hydrocise Plus	LESSONS	Hydrocise Plus	LESSONS	OPEN SWIM		
6:00pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM		
7:00pm		Deep Water Fitness		Deep Water Fitness	SWIM		
8:00pm							
9:00pm							CLOSED AVAILABLE FOR RENTALS

Effective January 8, 2019 - February 10, 2019

\*\*Subject to change, please refer to [www.molallapool.com](http://www.molallapool.com) for updates

\*Fee Based Class; Must Register at Front Desk