



MOLALLA AQUATIC CENTER

WINTER SCHEDULE

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

**Subject to change, please refer to www.molallapool.com for updates

*Fee Based Class; Must Register at Front Desk

Effective November 12, 2018 - February 10, 2019