



# Matteson Aquatic Fitness Center



Monday 10/15	Tuesday 10/16	Wednesday 10/17	Thursday 10/18	Friday 10/19	Saturday 10/20	Sunday 10/21
Open Swim 6:00AM-9:45PM	Open Swim 6:00AM-6:00PM	Open Swim 6:00AM-9:45PM	Open Swim 6:00AM-5:30PM	Open Swim 6:00AM-9:45PM	Open Swim 7:00AM- 8:00AM	Open Swim 8:00AM-4:45PM
CELTS Swim School 7:00-10:30 AM	AquaFit Zumba 8:30-9:30 AM	CELTS Swim School 7:00-10:30 AM	CELTS Swim School 4:40-6:00 PM	Aqua Fit Strength 8:00-8:50 AM	Aqua Fit Endurance 7:10-8:00 AM	CELTS Swim School 8:00-11:30 AM
Aqua Fit Endurance 8:00-8:50 AM	Therapy Pool Closed 1:00-2:00 PM	Aqua Fit Zumba 10:00-10:50 AM	CELTS Swim School 5:30-8:00 PM	Aqua Fit R.O.M.E 9:00-9:50 AM	HF Team Practice (4) 10:00-12:00 PM	
Aqua Fit Flexibility 9:00-9:50 AM	HF Team Practice (4) 3:45-5:45 PM	CELTS Swim School 1:00-1:40 PM	Torpedo Team Practice 5:30-7:00 PM	CELTS Swim School 1:00-1:40 PM	CELTS Swim School 8:00-10:45 AM	
CELTS Swim School 1:00-1:40 PM	CELTS Swim School 4:40-6:00 PM	HF Team Practice (4) 3:45-5:45 PM	AquaFitWaterFitness 7:30-8:20 PM	HF Team Practice (4) 3:45-5:45 PM	FALL FAMILY FUN FEST Movie Night Raffle Top of the Bleachers 1:00-3:00 PM	
HF Team Practice (4) 3:45-5:45 PM	Torpedo Team Practice 5:30-7:00 PM	CELTS Swim School 4:40-8:00 PM		CELTS Swim School 5:20-6:40 PM		
CELTS Swim School 4:40-8:00 PM	CELTS Swim School 6:00-8:00 PM					
	Aqua Fit Water Fitness 7:30-8:20 PM					
	Open Swim 8:00PM-9:45PM		Open Swim 8:00PM-9:45PM		Open Swim 10:45AM-9:45PM	
Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 4:45 PM
<p><b>Non-swimmers &amp; children 6 &amp; under must be an arms length away from an adult/guardian at all times. Children 12 &amp; under must be accompanied by an adult at all times. Only US Coast Guard approved flotation devices are allowed in pool. No exceptions. Mermaid fins and other like devices are not permitted. All flotation devices are subject to staff inspection. Coaching or conducting swim lessons without permission from CELTS/MCC is prohibited. No exceptions. Pool &amp; Pool area will be evacuated &amp; deck cleared during thunderstorms and fire alarms. Any program in red represents when the pool is closed for younger than 18yrs. During these times, there is one adult lap lane (18yr+circle swim required) and the Therapy Pool (18yr+) is open unless specified. Therapy Pool closed times are in gold. This schedule is subject to change by pool management at anytime.</b></p> <p><b>Due to Safety Issues, SCS Pool Staff Reserves the Right to Check IDs of Members and Guests Before Pool or Spa Usage. For Questions and Concerns, Please See Pool Management and Refer to Facility Posted Rules.</b></p> <p><b>Register for swim lessons now at <a href="http://Swimmatteson.com">Swimmatteson.com</a></b></p>						
CELTS Programs & 18yr+ Lap Swim	Open Swim All Ages	Aqua Fit Aerobics	Therapy Pool Closed	Special Event	Pool Closed	Lap Lane Used ( ) = Lanes Used