

AUGUST ARCC & POOL SCHEDULE Updated 8-9-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9 6 am-8 pm 11-5:30 REC SWIM 5:30-6 LAP SWIM 5:30-6:30 Hydrofit 6:30-7:30 REC SWIM Group Exercise Studio Closed	10 6 am-8 pm POOL CLOSED for yearly maintenance. Group Exercise Studio Closed	11 8 am-5 pm POOL CLOSED for yearly maintenance.	12 CLOSED
13 6 am-8 pm POOL CLOSED for yearly maintenance.	14 6 am-8 pm POOL CLOSED for yearly maintenance.	15 *6 am-9 am and 1-8 pm POOL CLOSED for yearly maintenance.	16 6 am-8 pm POOL CLOSED for yearly maintenance.	17 6 am-8 pm POOL CLOSED for yearly maintenance.	18 CLOSED	19 ARCC Open 1-5 pm for Mount students only. POOL CLOSED
20 *6 am-9 am and 12-10 pm 12:15-9:30 REC SWIM	21 6 am-10 pm 11-5:30 REC SWIM 5:30-6:30 LAP SWIM 5:30-6:30 Hydrofit 6:30-9:30 REC SWIM	22 6 am-10 pm 9:15-10:15 Fitness Classes 11-9:30 REC SWIM	23 6 am-10 pm 11-5:30 REC SWIM 5:30-6:30 LAP SWIM 5:30-6:30 Hydrofit 6:30-9:30 REC SWIM	24 6 am-8 pm 9:15-10:15 Fitness Classes 11-7:30 REC SWIM	25 9 am-8 pm 11-7:30 REC SWIM	26 12-8 pm 12:15-7:30 REC SWIM
27 6 am-10 pm 5:30-9:15 Mount Swim Team 9:15-10:15 Fitness Classes 11-2 REC SWIM 2-5 Mount Swim Team 5-9:30 REC SWIM	28 6 am-10 pm 5:30-9 Mount Swim Team 11-2 REC SWIM 2-5:15 Mount Swim Team 5:30-6:30 Hydrofit & Lap swim 6:30-9:30 REC SWIM	29 6 am-10 pm 5:30-8:30 Mount Swim Team 9:15-10:15 Fitness Classes 11-9:30 REC SWIM	30 6 am-10 pm 5:30-7 Mount Swim Team 11-2 REC SWIM 2-5:15 Mount Swim Team 5:30-6:30 Hydrofit & Lap swim 6:30-9:30 REC SWIM	31 6 am-8 pm 5:30-7 Mount Swim Team 9:15-10:15 Fitness Classes 11-2 REC SWIM 2-5 Mount Swim Team 5-7:30 REC SWIM	September 1 9 am-8 pm 11-7:30 REC SWIM	2 12-8 pm 12:15-7:20 REC SWIM
3 CLOSED HAPPY LABOR DAY!	4 6 am-10 pm 5:30-9 Mount Swim Team 11-2 REC SWIM 2-5:15 Mount Swim Team 5:15-6 Laps only 5:30-6:30 Hydrofit 6-9 pm Fox Swim Club* 6:30-9:30 1/2 POOL REC SWIM	5 6 am-10 pm 5:30-8:30 Mount Swim Team 9:15-10:15 Fitness Classes 11-6 REC SWIM 6-8 Mount Diving Team * 6-9:30 REC SWIM *	6 6 am-10 pm 5:30-7 Mount Swim Team 11-2 REC SWIM 2-5:15 Mount Swim Team 5:15-6 Laps only 5:30-6:30 Hydrofit * 6-9 pm Fox Swim Club * 6:30-9:30 1/2 POOL REC SWIM *	7 6 am-8 pm 9:15-10:15 Fitness Classes 11-2 REC SWIM 2-5 Mount Swim Team 5-7 REC SWIM * 6-9 pm Fox Swim Club *	8 9 am-8 pm 11-7:30 REC SWIM	9 12-8 pm 12:15-7:20 REC SWIM
8 6 am-10 pm 5:30-9:15 Mount Swim Team 9:15-10:15 Fitness Classes 11-2 REC SWIM 2-5 Mount Swim Team 5-6 REC SWIM 6-8 Mount Diving Team * 6-7 Lap Swim 7-8:30 Fox Swim Club 8:30-9:30 REC SWIM	9 6 am-10 pm 5:30-9 Mount Swim Team 11-2 REC SWIM 2-5:15 Mount Swim Team 5:15-6 Laps only 5:30-6:30 Hydrofit 6-9 pm Fox Swim Club* 6:30-9:30 1/2 POOL REC SWIM	10 6 am-10 pm 5:30-8:30 Mount Swim Team 9:15-10:15 Fitness Classes 11-6 REC SWIM 6-8 Mount Diving Team * 6-9:30 REC SWIM *	11 6 am-10 pm 5:30-7 Mount Swim Team 11-2 REC SWIM 2-5:15 Mount Swim Team 5:15-6 Laps only 5:30-6:30 Hydrofit * 6-9 pm Fox Swim Club * 6:30-9:30 1/2 POOL REC SWIM *	12 6 am-8 pm 9:15-10:15 Fitness Classes 11-2 REC SWIM 2-5 Mount Swim Team 5-7 REC SWIM * 6-9 pm Fox Swim Club *	13 9 am-8 pm 11-7:30 REC SWIM	14 12-8 pm 12:15-7:20 REC SWIM

Are you interested in LAND FITNESS CLASSES?

The Mount St. Mary's Department of Campus Recreation offers the following classes:
 RIP - CARDIO STEP - INDOOR CYCLING - ZUMBA - GENTLE YOGA
 In addition, we offer Personal Training, Fitness Consultations, and Fitness Center Orientations!
 Visit www.msmary.edu/fitness or contact Lisa Martin, Fitness Coordinator at 301.447.3810
 or email lmartin@msmary.edu

CALENDAR KEY
RED - ARCC HOURS
BLACK - POOL HOURS
 • = SHARED POOL
Blue = Fox Swim Club Rental
*** = Special Building Hours**

If you would like to be added to our email distribution list and receive calendar updates via email, please send your email address to raub@msmary.edu.