

## DIMPLE DELL FITNESS & RECREATION CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Masters						C L O S E D
6:00 AM	Swimming 5:30-6:30am						
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	H2O	H2O	H2O	H2O	H2O		
8:30 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		
9:00 AM	H2O	H2O	H2O	H2O	H2O		
9:30 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		
10:00 AM	H2O	H2O	H2O	H2O	H2O		
10:30 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		
11:00 AM	H2O	H2O	H2O	H2O	H2O	H2O Aerobics 10:05- 11:05	
11:30 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics		
12:00 PM							L A P  S W I M  C L O S E  S p l a s h & S w i m  10:00am- 2:30 pm
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Pre Comp Swim Team		Pre Comp Swim Team				
6:30 PM	<b>NO LAP SWIM</b>		<b>NO LAP SWIM</b>				
7:00 PM							
7:30 PM							
8:00 PM		H2O Aerobics 8-9pm		H2O Aerobics 8-9pm			
8:30 PM							
9:00 PM	<b>CLOSE</b>	<b>CLOSE</b>	<b>CLOSE</b>	<b>CLOSE</b>			
9:30 PM	Splash & Swim 12-8:30pm	Splash & Swim 12-8:30pm	Splash & Swim 12-8:30pm	Splash & Swim 12-8:30pm			

\*Pool always closes 30 Minutes prior to the closing of the building.\*

**\*\*\* Swim meets and special events may cause this schedule to change.\*\*\***

**Changes will be posted at the pool entrance one week prior to event.**



For inclusion opportunities for people with disabilities,  
contact Ashley at 385-468-1520 or ahaddow@slco.org.