

# Aerobic Zone

# Jerry Tingle Activity Center

# February 2019

Sunday 1:00p-4:30p	Monday 5:00a-7:30p	Tuesday 5:00a-7:30p	Wednesday 5:00a-7:30p	Thursday 5:00a-7:30p	Friday 5:00a-7:30p	Saturday 8:00a-7:30p
*Aerobic Swim = Allows any type of Aerobic Exercise *Open Swim = Allows any type of Recreational Swimming *Open Swim May Be Closed For Pool Rentals *Pool Schedule is subject to change. *Please call before you leave 205-277-8195			(Jan) 30	31	1	2
			5:00a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-10:00a Aerobic ONLY 10:00a-5:30p Aerobic/Open Swim <u>5:30-7:30 Pool Rental</u> 7:30p Pool Closes	8:00a-1:00p Open Swim <u>1:00-2:00 Pool Rental</u> 2:00p-7:30p Open Swim 7:30p Pool Closes
3	4	5	6	7	8	9
<u>1:00p-3:00p Pool Rental</u> 3:00p-4:30p Open Swim 4:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Close	5:00a-10:00a Aerobic ONLY 10:00a-5:30p Aerobic/Open Swim <u>5:30p-7:30p Pool Rental</u> 7:30p Pool Closes	8:00a-12:00p Open Swim <u>12:00p-3:00p Pool Rentals</u> 3:00p-7:30p Open Swim 7:30p Pool Closes
10	11	12	13	14	15	16
1:00p-4:30p Open Swim 4:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	8:00a-11:00a Open Swim <u>11:00a-3:00p Pool Rentals</u> 3:00p-7:30p Open Swim 7:30p Pool Closes
17	18	19	20	21	22	23
<u>1:00p-3:30p Pool Rentals</u> 3:30p-4:30p Open Swim 4:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Close	5:00a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	8:00a-7:30p Open Swim 7:30p Pool Closes
24	25	26	27	28	*Check out our FB Page for pool closures for private rentals*	
1:00p-4:30p Open Swim 4:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-8:30a Aerobic ONLY <u>*(NEW) 8:30a-9:30a Aqua Zumba®</u> 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes	5:00a-7:30a Aerobic ONLY <u>7:30a-8:15a Water Aerobics</u> 8:15a-10:00a Aerobic ONLY 10:00a-7:30p Aerobic/Open Swim 7:30p Pool Closes		

<h3>Lap Lanes &amp; Kids Zone</h3> <p>Open during regular pool hours unless rented. If rented the time slot will be posted on the above schedule.</p>	<h3>Slide Hours</h3> <p>Monday – Friday 10:00a-7:30p                  Saturday 10:00a-7:30p                  Sunday 1:00p-4:30p</p>
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