

# In The Gym

<b>Monday*</b> *9:00am-Noon Reserve PB	5:30am-10:00am <b>10:00am-Noon</b> (1/2 Gym) Noon-8:30pm <b>8:30pm-10:00pm</b>	General Use <b>Daytime/Playtime</b> General Use <b>Tennis</b>
<b>Tuesday*</b>	5:30am-6:30pm <b>6:30pm-10:00pm</b>	General Use <b>Volleyball</b>
<b>Wednesday</b>	5:30am-9:00 pm <b>9:00am-11:00am</b> 11:00am-6:00pm <b>6:00pm-10:00pm</b>	General Use <b>Pickleball League</b> General Use <b>Tennis League</b>
<b>Thursday*</b>	5:30am-10:00pm	General Use
<b>Friday</b>	5:30am-9:00am <b>9:00am-11:00am</b> 11:00am-8:00pm	General Use <b>Daytime/Playtime</b> General Use
<b>Saturday**</b>	7:00am-8:00am <b>8:00am-Noon</b> Noon-4:00pm <b>4:00pm-8:00pm</b>	General Use <b>Tennis League</b> General Use <b>Youth Soccer</b>
<b>Sunday</b>	1:00pm- 8:00pm	General Use

\*Feb 22nd Daddy Daughter Date Night /Gymnasium Closed  
 \*Reserved Pickleball Courts Mon 9:00-12:00, Fri 11:30-2:30  
 \*Reserved Tennis Courts Tue/Thu 6:00am-3:00pm  
 \*Mondays Daytime/Playtime 10:00am-Noon;Half Gymnasium

# February Events

**17th President's Day Hours Noon-8:00 pm**  
**17th No Daytime Playtime**  
**21st Family Skate Night 6:30-8:30 pm**  
**22nd Daddy Daughter Date Night**  
**24th Winter Session Swim Lessons Mon/Wed**  
**25th Winter Session Swim Lessons Tue/Thu**

# February

# 2020



**Daddy Daughter Date Night**  
**Sat. Feb 22nd**  
**Dinner 6:00pm**  
**Dance Follows until 9:00pm**  
**\$35/Couple**  
**\$5 Day Spa Optional**



# In The Pool

<b>Monday*</b>	5:30 am-4:00 pm <b>4:00pm-6:00pm</b> 6:00pm-9:00pm	General Use <b>Swim Team</b> General Use
<b>Tuesday**</b>	5:30 am-4:00 pm <b>4:00pm-6:00pm</b> 6:00pm-9:00pm	General Use <b>Swim Team</b> General Use
<b>Wednesday**</b>	5:30 am-4:00 pm <b>4:00pm-6:00pm</b> 6:00pm-9:00pm	General Use <b>Swim Team</b> General Use
<b>Thursday**</b>	5:30 am-4:00 pm <b>4:00pm-6:00pm</b> 6:00pm-9:00pm	General Use <b>Swim Team</b> General Use
<b>Friday*</b>	5:30 am-4:00 pm <b>4:00pm-6:00pm</b> 6:00pm-9:00pm	General Use <b>Swim Team</b> General Use
<b>Saturday*</b>	7:00am –8:00pm	General Use
<b>Sunday</b>	1:00pm—8:00 pm	General Use

**Monday-Friday from 4:00pm-6:00pm the pool will be closed for NPPS & GNST swim practice.**

**Saturdays 8:30am-9:30am Special Olympics will be practicing in shallow-deep area.**

\*MPCC Softball Team will be conditioning in pool from 5:30am-7:00am Tue, Wed and Thurs.

Please anticipate limited pool space during water fitness classes and swimming lessons. Pool space, lap lanes, and slide availability may be restricted based on programming needs. South side of pool is reserved during scheduled fitness classes.

## Waterslide Hours:

Mon-Fri: 4-6:30pm  
 7:15-9pm  
 Sat: 11– 8pm  
 Sun: 1-8pm

## CHILDCARE:

Mon-Thu: 8:30—11am  
 Mon, Tue & Thu: 5:30-7:30pm



Aquatic Classes	Days	Time	# per week	Cost	Instructor
Aquablast	M/W/F	6:30-7:15pm	3	\$20	Stephanie Dorr
Splash	M/Tu/Thu	10:00-10:45am	3	\$20	Peg Brogden
Immerse	Tu/Thu	6:30-7:15 pm	2-ends 4/30	\$15	Trudy Merritt
Tri-101	Tu/Thu	7:30-8:30pm	2-ends4/23	\$100 + membership	Trudy Merritt
Tri-Masters	Tu/Thu	5:30-6:30am	2-ends 4/23	\$100 + membership	Trudy Merritt



Class	Days	Time	# per week	Cost	Instructor
Yoga by Tynell	M/W/S	9:00-9:45 am	1 2 3	\$10 \$15 \$20	Tynell Jarvis
Silver Sneakers	M/W/F	10:00-10:45 am	3	\$20	Paula Smalley
Zumba Strength	Tu/Thu	5:30-6:15 pm	2	\$15	Steph Den Besten
Gentle Yoga	M/Th	1:00-1:45 pm	2	\$15	Peg Brogden



Class	Days	Time	# per week	Cost	Instructor
Zumba Toning	Wednesdays Session I: 1/15-3/4 Sessions II: 3/11-4/29	5:30-6:30pm	1	\$20/Sessions	Steph Den Besten



Cycling Classes	Days	Time	# per week	Cost	Instructor
Hour Of Power	M/W/F	5:30-6:30 am	2 3	\$15 \$25	Trudy Merritt/Jan Wright
Older Adults	W/F: 1/15-3/6	11:00-11:30am	2	\$30/8 Weeks	Trudy Merritt
Aerobic Base	Tu/Th: 2/11-3/5	5:30-6:10pm	2	\$15/4 Weeks	Trudy Merritt
Core Training	Tu/Th: 3/10-4/2	5:30-6:10pm	2	\$15/4 Weeks	Trudy Merritt

Class	Days	Time	# per week	Cost	Instructor
Aquacise Fitness	Mon/Wed/Fri	8:00am	3	Call 532-8163	Kay Bodeen