

MURC Aquatic drop-in schedule

Effective May 6 to June 30, 2024

Programming on May 29 from 9 a.m. to 2 p.m. will be cancelled. All dates, times and prices are subject to change without notice.

Monday

Lane swim

6 a.m. – 8:30 a.m.

Therapy pool swim

6 a.m. – 8:30 a.m.

Aqua combo

9 a.m. – 9:45 a.m.

Parent and child swim

9 a.m. – 11 a.m.

Aqua bootcamp

10 a.m. – 10:45 a.m.

Accessibility swim

11 a.m. – 12:30 p.m.

Older adult swim

12:30 p.m. – 2 p.m.

Public swim

6:45 p.m. – 8 p.m.

Therapy pool swim 8

p.m. – 9:30 p.m.

Lane swim

8 p.m. – 9:30 p.m.

Tuesday

Lane swim

6 a.m. – 8:30 a.m.

Therapy pool swim

6 a.m. – 8:30 a.m.

Aqua combo

9 a.m. – 9:45 a.m.

Lane swim

10:30 a.m. – 12 p.m.

Therapy pool swim

10:30 a.m. – 12 p.m.

Accessibility swim

12:30 p.m. – 2 p.m.

Aqua Stretch

2 p.m. – 2:45 p.m.

Aqua bootcamp

7:15 p.m. – 8 p.m.

Therapy pool swim 8

p.m. – 9:30 p.m.

Lane swim

8 p.m. – 9:30 p.m.

Wednesday

Lane swim

6 a.m. – 8:30 a.m.

Therapy pool swim

6 a.m. – 8:30 a.m.

Child and Me Aquafit

9 a.m. – 9:45 a.m.

Parent and child swim

9 a.m. – 11 a.m.

Aqua Deep

10 a.m. – 10:45 a.m.

Accessibility swim

11 a.m. – 12:30 p.m.

Older adult swim

12:30 p.m. – 2 p.m.

Public swim

6:45 p.m. – 8 p.m.

Therapy pool swim

8 p.m. – 9:30 p.m.

Lane swim

8 p.m. – 9:30 p.m.

Thursday

Lane swim

6 a.m. – 8:30 a.m.

Therapy pool swim

6 a.m. – 8:30 a.m.

Aqua combo

9 a.m. – 9:45 a.m.

Lane swim

10:30 a.m. – 12 p.m.

Therapy pool swim

10:30 a.m. – 12 p.m.

Accessibility swim

12:30 p.m. – 2 p.m.

Aqua stretch

2 p.m. – 2:45 p.m.

Aqua bootcamp

7:15 p.m. – 8 p.m.

Lane swim

8 p.m. – 9:30 p.m.

Therapy pool swim

8 p.m. – 9:30 p.m.

Friday

Lane swim

6 a.m. – 8:30 a.m.

Therapy pool swim

6 a.m. – 8:30 a.m.

Parent and child swim 9

a.m. – 11 a.m.

Aqua Zumba

10 a.m. – 10:45 a.m.

Accessibility swim

11 a.m. – 12:30 p.m.

Older adult swim

12:30 p.m. – 2 p.m.

Public swim

6:45 p.m. – 8:30 p.m.

Saturday

Lane swim

1:30 p.m. – 3 p.m.

Therapy pool swim

1:30 p.m. – 3 p.m.

Public swim

3 p.m. – 5 p.m.

Sunday

Parent and child swim

8:45 a.m. – 10:15 a.m.

Lane swim

1:30 p.m. – 3 p.m.

Therapy pool swim

1:30 p.m. – 3 p.m.

Public swim

3 p.m. – 5 p.m.

Legend

Accessibility swim: All pools. For individuals with accessibility needs.

Aqua boot camp: Shallow and deep water. High intensity.

Aqua combo: Shallow and deep water. Medium intensity.

Aqua deep: Deep water. High intensity.

Aqua Zumba: Fusion of Latin rhythms and water-based exercises for a low-impact high-energy workout.

Child and Me Aquafit: Parents will follow an instructor's lead to water aerobic exercises that incorporate baby in their seat.

Lane swim: Access to lap pool. Aged 10 years and up.

Older adult swim: For adults over 55 years. Access to lap pool.

Parent and child swim: Access to beach pool. Children 9 years and under.

Public swim: All age access to all pools. Wrist band policy will be in effect.

Therapy pool swim: Access to therapy pool. Aged 10 years and up.



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Updated: April 22, 2024