

# Wildcat Recreation Center - Pool Schedule - Spring 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM		Triathlon 7:00 - 8:00am		Triathlon 7:00 - 8:00am			
8:00AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Coach on Deck 3:30 - 5:00pm	SUP Yoga 4:00 - 5:00pm (shallow end only)	Aqua Abs 3:30 - 4:00pm (shallow end only)	Coach on Deck 3:30 - 5pm	Slack or Swim 3:00 - 5:00pm		
5:00 PM		Kayak Roll Session 5:00 - 7:00pm (shallow end only)		Kayak Roll Session 5:00 - 7:00pm			
6:00 PM							
7:00 PM							
8:00PM	Men's Water Polo 7:30-9:30pm		Men's Water Polo 7:30-9:30pm				
9:00 PM							
10:00PM							
11:00PM							

