

Wildcat Recreation Center - Pool Schedule - FALL 2018

3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM		Triathlon 6:45 - 8:00am		Triathlon 6:45 - 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 - 5:30pm		SUP Yoga 4:00 - 5:00pm		Slack or Swim 3:00 - 5:00pm		
5:00 PM		Aqua Abs 5:00 - 5:30pm					
6:00 PM	Women's Water Polo 6:00-8:30pm (begins Oct 1)	Kayak Roll Session 6:00 - 8:00pm	Women's Water Polo 6:00-8:30pm (begins Oct 1)	Kayak Roll Session 6:00 - 8:00pm			
7:00 PM							
8:00PM							
9:00 PM	Men's Water Polo 8:30-10:30pm	Men's Water Polo 8:30-10:30pm	Men's Water Polo 8:30-10:30pm	Men's Water Polo 8:30-10:30pm			
10:00PM							
11:00PM							

