



# Spokane Fitness Center

## North Pool Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6am	Facility Closed						Facility Closed
6-7am							
7-8am		Water Aerobics Heather (6:45am)		Water Aerobics Marsha/Tanya (6:45am)		Water Aerobics Marsha (6:45am)	Master Swim 7-8 am
8-9am			Water Aerobics Lisa		Water Aerobics Lisa		Water Aerobics Marsha
9-10am							
10-11am							
11-12pm		Water Aerobics Tanya		Water Aerobics Marsha		Water Aerobics Jenn	
12-1pm	Family Swim Lifeguard ON DUTY 12-4p						Family Swim Lifeguard ON DUTY 12-4p
1-2pm							
2-3pm							
3-4pm							
4-5pm		Swim Team (Pool Closed) 4:00 pm- 6:30 pm					
5-6pm							
6-7pm		Water Aerobics Marsha/Tanya	Masters Swim 6-7pm		Water Aerobics Marsha	Family Swim Lifeguard ON DUTY 6-8p	
7-8pm		Family Swim Lifeguard ON DUTY 7-9p		Family Swim Lifeguard ON DUTY 7-9p	Master Swim 7-8pm		
8-9pm							
9-11:30pm	Facility Closed						Facility Closed

Per Health Department Regulations: **Children under the age of 16** are **ONLY** permitted to swim while a lifeguard is on duty. Thank you for complying with the State of Washington's Health Regulations. **WAC 246-260-131**