

November

Announcements:

Oct. 28—Dec 1: Cactus Pool Closed for Maintenance

Nov. 11: Veterans Day-Holiday Hours 8 a.m. - 12 p.m.

Nov. 28—29: Closed for Thanksgiving!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

2
Lap Swim & Gym
8a.m.-2p.m.

3
Lap Swim & Gym
10 a.m.—2 p.m.

4
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

5
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

6
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

7
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

8
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

9
Lap Swim & Gym
8a.m.-2p.m.

10
Lap Swim & Gym
10 a.m.—2 p.m.

11**
Lap Swim & Gym
8a.m.—12 p.m.

12
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

13
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

14
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

15
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

16
Lap Swim & Gym
8a.m.-2p.m.

17
Lap Swim & Gym
10 a.m.—2 p.m.

18
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

19
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

20
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

21
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

22
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

23
Lap Swim & Gym
8a.m.-2p.m.

24
Lap Swim & Gym
10 a.m.—2 p.m.

25
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

26
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

27
Lap Swim:
6 a.m. – 2 p.m.
& 6 – 8p.m.
Gym:
6a.m.—8p.m.

28**
Closed:
Thanksgiving

29**
Closed:
Thanksgiving

30
Lap Swim & Gym
8a.m.-2p.m.

McDowell Mountain Ranch
Aquatic and Fitness Center

15525 N. Thompson Peak Pkwy



December

Announcements:

Dec. 1: Cactus Pool Re-opens

Dec. 24 —26: Facility Closed

Dec. 31: Lap Swim & Gym 8a.m.-12p.m.

Happy Holidays!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1**

**Lap Swim
& Gym**
10a.m.-2p.m

2

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

3

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
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6a.m.-8p.m.

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Lap Swim:
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& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

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Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

7

**Lap Swim
& Gym**
8a.m.-2p.m.

8

9

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

10

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

11

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

12

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

13

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

14

**Lap Swim
& Gym**
8a.m.-2p.m.

15

16

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

17

Lap Swim:
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& 5 – 8 p.m.
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Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
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6a.m.-8p.m.

21

**Lap Swim
& Gym**
8a.m.-2p.m.

22

23

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

24**

Closed:

25**

Closed:

26**

Closed:

27

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

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**Lap Swim
& Gym**
8a.m.-2p.m.

29

30

Lap Swim:
6 a.m. – 2 p.m.
& 5 – 8 p.m.
Gym:
6a.m.-8p.m.

31**

**Lap Swim
& Gym**
8a.m.—12 p.m.

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Aquatic and Fitness Center

15525 N. Thompson Peak Pkwy

