

ANNOUNCEMENTS:

- 7/4 Holiday Hours 1-5:30 p.m.
- 7/18 Sunset Swim 6-9 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	2 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.	3 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.	4* Lap Swim, Waterpark, & Gym: 1-5:30 p.m.	5 Lap Swim, Waterpark, & Gym: 1-5:30 p.m.
6 Lap Swim, Waterpark, & Gym: 1-5:30 p.m.	7 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	8 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	9 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	10 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	11 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5:30 p.m. Gym: 6 a.m8 p.m.	Lap Swim, Waterpark, & Gym: 1-5:30 p.m.
Lap Swim, Waterpark, & Gym: 1-5:30 p.m.	14 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	15 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	16 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	17 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	18* Lap Swim: 6-8 a.m. & 12-9 p.m. Waterpark: 1-9 p.m. Gym: 6 a.m9 p.m.	Lap Swim, Waterpark, & Gym: 1-5:30 p.m.
Lap Swim, Waterpark, & Gym: 1-5:30 p.m.	21 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.	22 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	23 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.	24 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.	25 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5:30 p.m. Gym: 6 a.m8 p.m.	Lap Swim, Waterpark, & Gym: 1-5:30 p.m.
27 Lap Swim, Waterpark, & Gym: 1-5:30 p.m.	28 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.	29 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	30 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5 p.m. Gym: 6 a.m8 p.m.	31 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1-5 p.m. Gym: 6 a.m8 p.m.		



McDowell Mountain Ranch Aquatic & Fitness Center



August

ANNOUNCEMENTS:

• 8/4: Facility hours change

• 8/4: Fall weekday lessons begin



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lap Swim: 6-8 a.m. & 12-8 p.m. Waterpark: 1 -5:30 p.m. Gym: 6 a.m8 p.m.	2 Lap Swim, Waterpark, & Gym: 15:30 p.m.
3	4*	5	6	7	8	9
Lap Swim, Waterpark, & Gym: 15:30 p.m.	Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim: 6 a.m1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim: 6 a.m1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim, Waterpark, & Gym: 15:30 p.m.
Lap Swim, Waterpark, & Gym: 15:30 p.m.	11 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	12 Lap Swim: 6 a.m1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	13 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	14 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	15 Lap Swim: 6 a.m1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim, Waterpark, & Gym: 15:30 p.m.
Lap Swim, Waterpark, & Gym: 15:30 p.m.	18 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	19 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	20 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	21 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	22 Lap Swim: 6 a.m1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	Lap Swim, Waterpark, & Gym: 15:30 p.m.
24/31 Lap Swim, Waterpark, & Gym: 15:30 p.m.	25 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	26 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	27 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	28 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	29 Lap Swim: 6 a.m. –1 p.m. & 6-8 p.m. Gym: 6 a.m8 p.m.	30 Lap Swim, Waterpark, & Gym: 15:30 p.m.



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