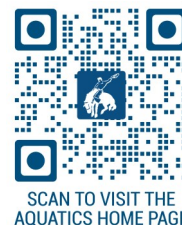


September

ANNOUNCEMENTS:

- 9/1 Alternate hours due to holiday
- 9/6 September Saturday swim lessons start
- 9/6 Weekend facility hours change
- 9/8 September Mon/Wed Lessons start



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1* Lap Swim, Waterpark & Gym 1—5:30 p.m.	2 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	3 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	4 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	5 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	6** Lap Swim & Gym 8 a.m.—2 p.m.
7 Closed	8 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	9 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	10 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	11 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	12 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	13 Lap Swim & Gym 8 a.m.—2 p.m.
14 Closed	15 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	16 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	17 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	18 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	19 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	20 Lap Swim & Gym 8 a.m.—2 p.m.
21 Closed	22 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	23 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	24 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	25 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	26 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	27 Lap Swim & Gym 8 a.m.—2 p.m.
28 Closed	29 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	30 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.				

McDowell Mountain Ranch Aquatic & Fitness Center

15525 N Thompson Peak Pkway, Scottsdale, AZ 85260
480-312-6677



October

ANNOUNCEMENTS:

10/11: Last Day of Saturday Swim Lessons

10/26: Dunkin' for Pumpkins 1-5:30p.m.

10/27: November Water Aerobics Begins



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	2 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	3 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	4 Lap Swim & Gym 8 a.m.—2 p.m.
5 Closed	6 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	7 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	8 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	9 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	10 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	11* Lap Swim & Gym 8 a.m.—2 p.m.
12 Closed	13 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	14 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	15 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	16 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	17 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	18 Lap Swim & Gym 8 a.m.—2 p.m.
19 Closed	20 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	21 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	22 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	23 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	24 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	25 Lap Swim & Gym 8 a.m.—2 p.m.
26* Closed	27* Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	28 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	29 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	30 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	31 Lap Swim: 6 a.m.—1 p.m. & 6–8 p.m. Gym: 6 a.m.—8 p.m.	

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