

# September

## ANNOUNCEMENTS:

- 9/7 Holiday Hours, Last Day of Waterpark!
- 9/12 September Saturday Lessons begin



**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

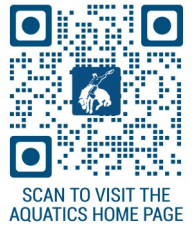
|                                                              |                                                                                        |                                                                                        |                                                          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

# October

## ANNOUNCEMENTS:

10/25: Dunkin' for Pumpkins 1-5:30p.m.

10/26: November Water Aerobics Begins



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

|                         |                                                                                        |                                                                                        |                                                                                        |                                                                                        |                                                                                        |                                                  |
|-------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------|
|                         |                                                                                        |                                                                                        |                                                                                        | 1<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 2<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 3<br><b>Lap Swim &amp; Gym</b><br>8 a.m.—2 p.m.  |
| 4<br><br><b>CLOSED</b>  | 5<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 6<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 7<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 8<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 9<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m.  | 10<br><b>Lap Swim &amp; Gym</b><br>8 a.m.—2 p.m. |
| 11<br><br><b>CLOSED</b> | 12<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 13<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 14<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 15<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 16<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 17<br><b>Lap Swim &amp; Gym</b><br>8 a.m.—2 p.m. |
| 18<br><br><b>CLOSED</b> | 19<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 20<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 21<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 22<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 23<br><b>Lap Swim:</b><br>6 a.m. -1 p.m. &<br>6-8 p.m.<br><b>Gym:</b><br>6 a.m.-8 p.m. | 24<br><b>Lap Swim &amp; Gym</b><br>8 a.m.—2 p.m. |
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## McDowell Mountain Ranch Aquatic & Fitness Center

15525 N Thompson Peak Pkway, Scottsdale, AZ 85260

480-312-6677

