

# IRON HORSE POOL SCHEDULE

**Effective September 6, 2016**

**526-4093**

<b>Programs</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird Lap Swim</b> (No Groups)	0530-0630	0530-0630	0530-0630	0530-0630	0530-0630		
<b>Active Duty PT</b> Capacity 40 Soldiers	0630-0730	0630-0730 Reservation Only	0630-0730	0630-0730 Reservation Only	0630-0730		
<b>Military Training</b> Must Be Scheduled	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only	0900-1100 Reservation Only		
<b>Masters Swim Team</b>		1130-1300		1130-1300			
<b>Lap Swim</b>	0730-1300 1600-1800	0730-1130 1300-1800	0730-1300 1600-1800	0730-1130 1300-1800	0730-1300 1600-1800	0630-1000 1800-1930	0630-1000 1800-1930
<b>Family Pool</b>	0530-2130	0530-2130	0530-2130	0530-2130	0530-2130	1000-1930	0630-1930
<b>Diving Boards</b>	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1100-1600 1800-2130	1000-1930	1000-1930
<b>Recreational Swim</b> 1 Lap Lane Available	1300-1600 1800-2130	1300-1600 1800-2130	1300-1600 1800-2130	1300-1600 1800-2130	1300-1600 1800-2130	1000-1800	1000-1800

**In-Service Training for Iron Horse Pool Lifeguards is every other WEDNESDAY beginning 07 September 2015. The Iron Horse Pool will be CLOSED from 1300-1500**

In-Service Dates: SEP 7, SEP 21, OCT 5, OCT 19, NOV. 2, NOV 16, NOV. 30, DEC 14, DEC 28, JAN. 11, JAN 25, FEB. 8, FEB 22, MAR. 8, MAR 22, APR. 5, APR 19, MAY 3 & MAY 17

*\*\*\* The Iron Horse Pool Hours are subject to change on Training and Federal Holidays \*\*\**

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# Nelson Pool Schedule

**Effective September 6, 2016**

**526-3107**

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Bird Lap Swim</b> (No Groups)	0530-0630		0530-0630		0530-0630		
<b>Pregnancy PT</b>	0630-0800		0630-0800		0630-0800		
<b>Physical Therapy</b> EACH		0700-0900		0700-0900			
		1330-1530		1330-1530			
<b>Morning Water Aerobics</b>		0900-1000	0800-0900	0900-1000	0800-0900		
<b>Warrior Transition Batallion</b>	0800-0900		1330-1430				
<b>Senior Lap Swim</b> (55+ and active duty)	0900-1000		0900-1000		0900-1000		
<b>Lap Swim</b>	1000-1330	1000-1330	1000-1330	1000-1330	1000-1330		
<b>Swim Lessons</b>	1330-1630	1530-1730	1430-1630	1530-1730	1330-1630		
<b>Evening Water Aerobics</b>		1730-1830		1730-1830			
<b>Swim Team</b>	1630-1915		1630-1915		1630-1915		

**In-Service Training for the Nelson Lifeguards is every other THURSDAY beginning 08 September 2016. The Nelson Pool will be CLOSED from 1230-1330 on these days.**

In-Service Dates: SEP 8, SEP 22, OCT 6, OCT 20, NOV. 3, NOV 17, DEC. 1, DEC 15, DEC 29, JAN. 12, JAN 26, FEB. 9, FEB 23, MAR. 9, MAR 23, APR. 6, APR 20, MAY 4 & MAY18

*\*\*\* The Nelson Pool is closed on all Federal Holidays and open 0530-1400 on Training Holidays\*\*\**

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