

## **GSC AQUATICS**

GSC's Main Campus Health & Physical Education Building Enter at Student Support Services (near Parking Lot J)

35 laps (70 lengths) = 1 mile

25-yard heated tile pool

10' deep end and four lap lanes

Access Pool through Locker Rooms on main level

Available for Pool Parties and rental

Youth and Adult Group and Private Swimming Lessons

## **POOL SCHEDULE**

## **FALL 2019**

	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM			Open Swim				
11:30 AM	O C		11 <sup>'</sup> AM - 1 PM		0		
12:00 PM	Open Swim 11 AM - 1 PM		HEALING		Open Swim 11 AM - 1 PM		
12:30 PM			WATER		1171111 11711		
1:00 PM			12 - 1 PM				0 6 .
1:30 PM							Open Swim 12 PM - 3 PM
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		WATER					
5:00 PM	Open Swim 4 - 8 PM	AEROBICS	Open Swim		AQUA YOGA 5 - 6 PM		
5:30 PM		4:30-5:30 PM		On an Cusim			
6:00 PM		VOLLEYBALL 6-7 PM Open Swim		Open Swim 4 - 8 PM			
6:30 PM					Open Swim 4 - 8 PM		
7:00 PM							
7:30 PM							
8:00 PM		4 - 8 PM					
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

- Entry is FREE to GSC Students/Faculty/Staff and those with a Fitness Membership
  Drop-in Rate: \$3 Access to all Fitness Facilities for the day, includes Group Fitness Classes & Pool Volleyball
- · Children 3 yrs. and under FREE