

***MARCH 2012 Sportsplex Aquatics Schedule***

**Aquatics Supervisor: Lisa Hearn, Water Exercise Coordinator: Denise Carr**

The following activities are offered as part of our aquatics program. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. Please contact us for information on any of our programs

**Pool Hours**

**Mon-Thu 6:00 AM - 7:00 PM**

**Friday 6:00AM - 6:00PM**

**Saturday 12:00PM-4:00PM**

**Sunday - Closed**

**Special Events/Swim Meets/Updates**

**RECREATIONAL POOL (Small Pool)**

Activity	MON	TUE	WED	THU	FRI	SAT	SUN
Open Swim	6:00 AM-9:30 AM 11:00AM - 2:00PM	<b>6:00AM-4:00PM</b>	6:00 AM-9:30 AM 11:00AM - 2:00PM	<b>6:00AM-4:00PM</b>	6:00AM-8:30AM 11AM-6PM	<b>12-4</b>	
<b>CLASSES</b>							<b>C L O S E D</b>
Sunrise Splash	6:30AM - 7:15AM		6:30AM - 7:15AM				
Advanced H2O Susan Foster*	8:30AM-9:15AM		8:00AM-9:15AM				
Senior Water Exercise	9:30AM-10:45AM		9:30AM-10:45AM		9:30AM-10:45AM		
Swim America	2PM - 7PM		2PM - 7PM			8AM-12PM	
NAC	500P-600P Lanes	500P-600P Lanes	500P-600P Lanes	500P-600P 6 Lanes			
Water Exercise		6:00 PM -7:00 PM (Ken)		6:00 PM -7:00 PM (Darlene)		1210-100 (Susan)	

**50 METER COMPETITION POOL (Large Pool)**

Activity	MON	TUE	WED	THU	FRI	SAT	SUN
Diving Boards	<b>For rental</b>	<b>Use Only</b>	<b>For rental</b>	<b>Use Only</b>	<b>For rental</b>	<b>Use Only</b>	<b>Closed</b>
Lap Swim	6:00AM-7:00PM	6:00AM-7:00PM	6:00AM-7:00PM	6:00AM-7:00PM	6:00AM-6:00PM	<b>12-4</b>	
NAC Masters	630A-730A 9AM-10AM	630A-730A	9AM-10AM	630A-730A	630A-730A 9AM-10AM		
NAC	4PM-8PM	4PM-8PM	4PM-8PM	4PM-8PM	4PM-8PM	700AM-12PM	
Long Course	6AM-7PM	none	200PM-700PM	6AM-130PM	none	12P-4P	

**Children ages 3 and under must wear a swim diaper**

**Children under 4 feet tall must be accompanied by an adult in the water at all times (2 children per adult)**

**Only People age 18 and older are considered adults**



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Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities with in a network of parks and greenways that preserves and protects the region's natural resources.

