

*April 2009 Sportsplex Aquatics Schedule*

**Aquatics Supervisors: Ricky Biggs, Matt McKenzie & Chris Visnoski, 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**

Monday and Wednesday 6:00 AM - 2:00 PM  
Tuesday and Thursday 11:00 AM - 7:00 PM  
Friday 9:00 AM - 6:00 PM

**Important Updates**

**AQUATICS FACILITY WILL BE CLOSED ON SATURDAYS BEGINNING IN APRIL 2009**  
**NAC Long Course Training. Please note the schedule below**

**\*Swim America Lessons have priority of the Small Pool. Currently, the pool will be open & shared with the Public**

**RECREATIONAL POOL (Small Pool)**

Hours	6:00AM - 2:00PM	11:00AM - 7:00PM	6:00AM - 2:00PM	11:00AM - 7:00PM	9:00AM - 6:00PM	12:00PM - 4:00PM		
Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Open Swim	6:00 AM-9:30 AM 1045AM-1PM	11:00AM-4:00PM 6PM - 7PM	6:00 AM-9:30 AM 11:00AM - 2:00PM	11:00AM-4:00PM * 6PM - 7PM	11:00AM-4:00PM 515PM- 6PM	CLOSED		
<b>CLASSES</b>								
Sunrise Splash	6:30AM - 7:15AM		6:30AM - 7:15AM			CLOSED	C	
Advanced H2O Susan Foster*	8:00AM-9:15AM	6PM-7PM	8:00AM-9:15AM			CLOSED	L	
Senior Water Exercise	9:30AM-10:45AM		9:30AM-10:45AM		9:30AM-10:45AM	CLOSED	O	
Swim America	1PM - 2:30PM		4:30PM-6:30PM	11AM - 2PM		8AM-12PM	S	
NAC	415P-515P 515p-600p 3 lanes	415P-515P 515p-600p 3 lanes	415P-515P 515p-600p 3 lanes	415P-515P 515p-600p 3 lanes	415P-515P	CLOSED	E	
Water Exercise		5:15PM-6:00PM		5:15PM-6:00PM		CLOSED	D	

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

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Diving Boards	Not Available	Not Available	Not Available	Not Available	Not Available	CLOSED	Closed
Lap Swim	6:00AM-2:00PM (Long Course)	11:00AM-7:00PM (Short Course)	6:00AM-2:00PM (Short Course)	11:00AM-7:00PM (Short Course)	9:00AM-6:00PM (Short Course)	CLOSED	
NAC	4PM-7:30PM	4PM-7:30PM	4PM-7:30PM	4PM-7:30PM	400p-600p	700AM-1130AM	

**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.

