

SPRING SWIM SCHEDULE

M.C. JOHNSON NATATORIUM

JANUARY 2 - MAY 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM 6:30 AM - 8:30 AM	LAP SWIM 6:30 AM - 8:30 AM	LAP SWIM 6:30 AM - 8:30 AM	LAP SWIM 6:30 AM - 8:30 AM	LAP SWIM 6:30 AM - 8:30 AM	CLOSED 6:30 AM - 11 AM	CLOSED 6:30 AM - 2 PM
AQUA FUSION 9 AM - 10 AM	CLOSED 8:30 AM - 11 AM	AQUA FUSION 9 AM - 10 AM	CLOSED 8:30 AM - 11 AM	AQUA FUSION 9 AM - 10 AM		
LAP SWIM 11 AM - 2 PM	LAP SWIM 11 AM - 2 PM	LAP SWIM 11 AM - 2 PM	LAP SWIM 11 AM - 2 PM	LAP SWIM 11 AM - 2 PM	REC/LAP SWIM 11 AM - 5 PM	
CLOSED 2 PM - 3 PM	CLOSED 2 PM - 5 PM	CLOSED 2 PM - 5:30 PM	CLOSED 2 PM - 5 PM	CLOSED 2 PM - 5 PM		REC/LAP SWIM 2 PM - 5 PM
KIN CLASS- SCUBA 3 PM - 5 PM						
AQUA FUSION* 5:30 PM - 6:30 PM	LAP SWIM/REC SWIM 5 PM - 9 PM	PADDLEBOARD YOGA* 5:30 PM - 6:30 PM	LAP SWIM 5 PM - 9 PM	LAP SWIM/REC SWIM 5 PM - 7 PM	CLOSED 5 PM - 9 PM	CLOSED 5 PM - 9 PM
LAP SWIM 6:30 PM - 9 PM		LAP SWIM 6:30 PM - 9 PM		CLOSED 7 PM - 9 PM		

Lifeguard Always on Duty.

Aquacise: Pool is used for fitness activities in lap lanes. One lane line is in place and both diving boards are closed.

Lap Swim: Lane lines are in place and both diving boards are closed.

Rec/Lap Swim: Two lanes are open for lap swim. Both diving boards are open.

Paddleboard Yoga: Take your practice to the pool! Doing yoga on the paddleboard can offer a unique experience while helping to increase your core strength and balance, while receiving the benefits of yoga at the same time.

Schedule subject to change based on Payne Center Facility hours. For more information or to reserve the M.C. Johnson Natatorium for special events, such as birthday parties, call **601.266.5408**, or visit **www.usm.edu/campus-recreation**