



**McChesney Student Activity Center Hours
Fall 2023
August 21st– December 8th**

Weight/Cardio Area

Monday-Thursday.....	6:30 am-8:00 pm
Friday.....	6:30 am-5:00 pm
Saturday	1:00 pm-6:00 pm
Sunday.....	3:00 pm-8:00 pm

Pool

Tuesday, Thursday.....	6:30 am-8:30 am
Monday-Friday.....	11:30 am-1:30 pm
Monday-Thursday.....	6:00 pm-8:00 pm
Saturday	1:00 pm-3:00 pm
Sunday.....	3:00 pm-5:00 pm

Family Swim

Saturday	1:00 pm-3:00 pm
Sunday.....	3:00 pm-5:00 pm

Water Aerobics

Monday & Wednesday.....	6:00 pm-7:00 pm
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***The following class will be held in Old Gym Dance Studio**

Yoga

Tuesday	5:00 pm-6:00 pm
Thursday.....	7:00 am-8:00 am

Zumba

Monday & Wednesday.....	5:00 pm-6:00 pm
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Breathwork

Tuesday	4:30 pm-5:00 pm
Wednesday.....	12:00 pm-12:30 pm

Schedule Changes

September 4 th – Labour Day Holiday.....	Closed
November 22nd - 26th – Thanksgiving Holidays.....	Closed
December 8th - Winter Graduation.....	Closed

**No one under the age of 18 is permitted in the Student Activity Center. If children are in facilities for Family Swim, the SAC member must stay with them at all times. If guests 18 or older are using any facilities, they must first stop by the front desk for a waiver. SAC members must also stay with their guests at all times.

The Community Walking Track Programs for non-members is on weekdays until 1:00 pm only. The walking track is closed during special events in the Arena.