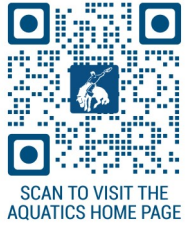


# September

## ANNOUNCEMENTS:

- 9/2 : Alternate hours due to Holiday
- 9/7: September Saturday Swim lessons Start
- 9/9: September Mon/Wed Lessons start



**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

1 <b>Lap Swim, Waterpark &amp; Gym</b> 1—5:30 p.m.	2* <b>Lap Swim, Waterpark &amp; Gym</b> 1—5:30 p.m.	3 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	4 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	5 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	6 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	7* <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
8 <b>Closed</b>	9* <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	10 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	11 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	12 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	13 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	14 <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
15 <b>Closed</b>	16 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	17 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	18 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	19 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	20 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	21 <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
22 <b>Closed</b>	23 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	24 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	25 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	26 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	27 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	28 <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
29 <b>Closed</b>	30 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.					

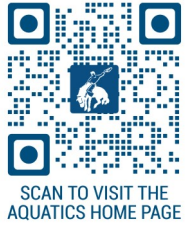
# October

## ANNOUNCEMENTS:

10/20: Dunkin' for Pumpkins 1-5:30p.m.

10/26: Last Day of Saturday Lessons

10/28: November Water Aerobics Begins



**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

		1 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	2 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	3 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	4 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	5 <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
6 <b>Closed</b>	7 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	8 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	9 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	10 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	11 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	12 <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
13 <b>Closed</b>	14 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	15 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	16 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	17 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	18 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	19 <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
20* <b>Closed</b>	21 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	22 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	23 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	24 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	25 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	26* <b>Lap Swim &amp; Gym</b> 8 a.m.—2 p.m.
27 <b>Closed</b>	28* <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	29 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	30 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.	31 <b>Lap Swim:</b> 6 a.m.—1 p.m. & 6–8 p.m. <b>Gym:</b> 6 a.m.—8 p.m.		

## McDowell Mountain Ranch Aquatic & Fitness Center

15525 N Thompson Peak Pkway, Scottsdale, AZ 85260  
480-312-6677

