

The **SEABURY CENTER** at Berea College

CENTER SCHEDULE

March 2023

(March 1 – March 31)

CENTER HOURS:

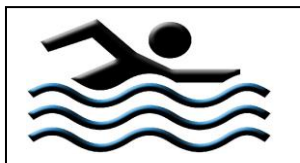
Monday – Thursday 6:00 AM – 10:00 PM
Friday 6:00 AM – 9:00 PM
Saturday 10:00 AM – 6:00 PM
Sunday 1:00 PM – 5:00 PM



POOL SCHEDULE

Lap Swim Times = Lap

Rec Swim Times = Rec



| | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|---------------|------|-------|------|--------|------|------|
| 10:00a-10:50a | | | | | | Lap |
| 11:00a-11:50a | | | | | | Rec |
| 12:00p-12:50p | Lap | Lap | Lap | Lap | Lap | |
| | | | | | | |
| 6:00p-6:50p | Lap | Lap | | Lap | | |
| 7:00p-7:50p | Rec | Rec | | Rec | | |

FITNESS SCHEDULE

Water Arthritis with Brenda Moss – Pool

- Monday/Wednesday/Friday- 2:40pm-3:50pm

Exercise for Chronic Conditions – Dance Studio

- Monday/Wednesday's - 4:00pm-5:00pm

Please Note: Schedules are subject to change, depending on academic, athletic and other college activity needs. In the event this happens, we will communicate any changes as soon as possible. Activities will also be evaluated based on participation are also subject to change.