



# Arlington Park & Aquatic Complex

## September 2019 Facility & Program Calendar

2650 Waldemere St.  
Sarasota, FL 34239  
Phone: 941.554.2110

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

#### H2O Cardio

7:00 AM  
\*Deep Water

#### Ms. Pauline's Water Aerobics

9:00 AM  
\*Shallow Water

#### Advanced Pickleball

10 AM - 1 PM  
Rating: 3.5 & above

#### Ms. Pauline's Water Aerobics

9:00 AM  
\*Shallow Water

#### Beginning Pickleball

10 AM - 1 PM  
Rating: 10 - 3.0

#### Jogaqua

12:00 PM  
\*Shallow Water

#### Boot Camp Fitness Class

6:30 PM - 7:30 PM  
Outdoor Fitness  
Gym

#### H2O Cardio

7:00 AM  
\*Deep Water

#### Jazzercise

9:00 AM  
\*Gym

#### Ms. Pauline's Water Aerobics

9:00 AM  
\*Shallow Water

#### Tot Time Open Gym

10:30 AM  
\*Gym

#### Ms. Pauline's Water Aerobics

9:00 AM  
\*Shallow Water

#### Open Play Pickleball

10 AM - 1 PM  
Rating: 10 & above

#### Jogaqua

12:00 PM  
\*Shallow Water

#### H2O Cardio

7:00 AM  
\*Deep Water

#### Ms. Pauline's Water Aerobics

9:00 AM  
\*Shallow Water

#### Advanced Pickleball

10 AM - 1 PM  
Rating: 10 & above

#### Jazzercise

8:30 AM  
\*Gym

### Open Swim Hours

9:30a - 7p, M - F

11a - 5p, Sa

Closed, Su

\*Reduced lanes from 3p - 6:30p

### Open Gym Times

1 - 2: Closed	10: 1p - 7p	18: Closed	26: 1p - 7p
3: 1p - 7p	11: Closed	19: 1p - 7p	27: Closed
4: Closed	12: 1p - 7p	20: 1p - 7p	28: 11a - 5p
5: 1p - 7p	13: 1p - 7p	21: Closed	29: Closed
6: 1p - 7p	14: 11a - 5p	22: Closed	30: 1p - 7p
7: 11a - 5	15: Closed	23: 1p - 7p	
8: Closed	16: 1p - 7p	24: 1p - 7p	
9: 1p - 7p	17: 1p - 7p	25: Closed	

### Prices

Pool Adult: \$4  
Pool Senior: \$2  
Pool Youth: \$2  
Pickleball: \$3

\*Inquire at Park  
Office for Program  
Prices

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ArlingtonParkAquaticComplex



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