



About Our Pool Programs

- **Open/Lap/Family Swim**

- The AOAC has a variety of toys for you to enjoy in the open pool atmosphere. A lap lane is also available to swim laps during this time. Check online for special rate Family Swim times as well.. [Click here for Open/Lap/Family Swim Calendars](#)

- **Water Exercise**

- Come join us for an exhilarating hour long workout. Anyone 13 & over is welcome to participate in the workout. Students are welcome to attend if they plan on participating with an adult/family member. [Click here for Water Ex calendars](#)

- **Fun and Fitness/Sr Citizen**

- Seniors come and enjoy exercising and socializing every Monday, Wednesday, Friday & Saturday mornings. [Click here for Fun & Fitness calendars](#)

- **Open Gym**

- Work up a sweat playing hoops from Nov- March at our Adult and Youth Open Gyms. [Click here for Open Gym Calendars](#)

- **Masters/Strength**

- Don't let the term Masters swimmer fool you! It doesn't imply elite swimmers, but instead means this is a group for adult swimmers age 18 & over. The McFarland Masters Swim Team (MCFM) works on technique and endurance within a team atmosphere. The team is a diverse and deep mix of former college athletes, current triathletes, and lifelong swimmers who are new to competing. Everyone can find a lane with a good fit. [Click here for Masters/Strength Calendars](#)

- **Follow us on our Facebook page at: [FB.me/McFarlandRAP](https://www.facebook.com/McFarlandRAP)**

- **QUESTIONS? CALL THE AOAC AT 838-3168 OR EMAIL schaefs@mcfbsd.org**

McFarland School District reserves the right to close the facility under such circumstances as low attendance, severe weather, public health / maintenance / chemical issues, and scheduling conflicts. Please call ahead: 838-3168



MRAP
MCFARLAND | RECREATION | AQUATICS | PLAY

