



AQUA FITNESS SCHEDULE

September 18, 2017

ADULT LAP/FAMILY SWIM
NOTE: SOME SLOTS ARE SHARED WITH SWIM LESSONS

SWIM LESSONS ONLY

AQUA CLASS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-10:00 Adult Lap	6:00-9:55 Adult Lap	6:00-10:00 Adult Lap	6:00-9:55 Adult Lap	6:00-9:00 Adult Lap	6:00-9:55 Adult Lap	6:00-8:45 Adult Lap
	10:00-11:00 Aqua Aerobics Only	10:00-11:15 Swim/Adult	10:00-11:00 Aqua Aerobics Only	9:00-11:15 Swim/Adult Lap	10:00-11:00 Aqua Aerobics Only	8:45-9:45 Aqua Aerobics Only
10:00-1:00 Swim Lessons Only	11:00-1:00 Adult Lap	11:15-12:00 Water Workout Only	11:00-11:30 Swim Lessons Adult Lap	11:15-12:00 Water Workout Only	11:00-1:00 Adult Lap	10:00-1:00 Swim Lessons Only
1:00-5:00 Family Swim Adult Lap		12:00-1:00 Adult Lap	11:30-1:00 Adult Lap	12:00-1:00 Adult Lap		
	1:00-3:30 Family Swim Adult Lap	1:00-3:30 Family Swim Adult Lap	1:00-3:30 Family Swim Adult Lap	1:00-3:30 Family Swim Adult Lap	1:00-5:00 Family Swim Adult Lap	
	3:30-4:00 Swim Lessons Adult Lap	3:30-4:00 Swim Lessons Adult Lap	3:30-4:00 Swim Lessons Adult Lap	3:30-4:00 Swim Lessons Adult Lap		
	4:00-5:30 Swim Lessons Only	4:00-5:30 Swim Lessons Only	4:00-5:30 Swim Lessons Only	4:00-5:30 Swim Lessons Only		4:00-5:30 Swim Lessons Only
WE OFFER GROUP AND PRIVATE SWIM LESSONS YEAR ROUND	5:30-7:00 Adult Lap	5:30-7:00 Adult Lap	5:30-9:00 Adult Lap	5:30-7:00 Adult Lap	5:30-6:00 Adult Lap	ATTN: LAP SWIMMERS A LANE MAY BE USED FOR SWIM LESSONS AT ANY TIME
	7:00-8:00 Aqua Aerobics Only	7:00-8:00 Adv. Deep Water Only		7:00-8:00 Aqua Aerobics Only	6:00-9:00 Family Swim Adult Lap	
	8:00-9:00 Adult Lap	8:00-9:00 Adult Lap		8:00-9:00 Adult Lap		