



AQUA FITNESS SCHEDULE

May 7, 2018

ADULT LAP/FAMILY SWIM
NOTE: SOME SLOTS ARE SHARED

SWIM LESSONS ONLY

AQUA CLASS
NO LAP SWIMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-10:00 Adult Lap	6:00-9:55 Adult Lap	6:00-11:15 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		10:00-11:00 Aqua Aerobics	9:00-11:15 Swim Lessons Adult Lap	10:00-11:00 Aqua Aerobics	8:45-9:45 Aqua Aerobics
10:00-1:00 Swim Lessons Only	11:00-1:00* Adult Lap	11:15-12:00 Water Workout	11:00-1:00 Adult Lap	11:15-12:00 Water Workout	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		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	1:00-3:30 Family Swim Adult Lap	1:00-5:00 Family Swim Adult Lap
	3:30-5:30 Swim Lessons Only	3:30-5:30 Swim Lessons Only	3:30-6:00 Swim Lessons Only	3:30-4:00 Swim Lessons Adult Lap	3:30-6:00 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	6:00-7:00 Adult Lap	5:30-7:00** 1 Adult Lap Lane	6:00-9:00 Family Swim Adult Lap	ATTN: LAP SWIMMERS A LANE MAY BE USED FOR SWIM LESSONS AT ANY TIME
	7:00-8:00 Aqua Aerobics	7:00-8:00 Adv. Deep Water 1 Adult Lap Lane	7:00-8:00 Aqua Jogging (Paid Class)	7:00-8:00 Aqua Aerobics		
	8:00-9:00 Adult Lap	8:00-9:00 Adult Lap	8:00-9:00 Adult Lap	8:00-9:00 Adult Lap		

LAP SWIMMING NOTES

*Mondays 11:30-12:30pm -- 2 lanes available

**Thursdays 6:00-7:00pm -- 1 lane available.