



# AQUA FITNESS SCHEDULE    **AUGUST 3, 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 <b>Adult Lap</b>	6:00-9:55 <b>Adult Lap</b>	6:00-11:15 <b>Adult Lap</b>	6:00-9:55 <b>Adult Lap</b>	6:00-9:00 <b>Adult Lap</b>	6:00-9:55 <b>Adult Lap</b>	6:00-8:45 <b>Adult Lap</b>
	10:00-11:00 Aqua Aerobics	9:00-11:15 <b>Swim Lessons Adult Lap</b>	10:00-11:00 Aqua Aerobics	9:00-11:15 <b>Swim Lessons Adult Lap</b>	10:00-11:00 Aqua Aerobics	8:45-9:45 Aqua Aerobics
10:00-1:00 Swim Lessons Only	11:00-1:00 <b>Adult Lap (11:30-12:30 2 lanes available)</b>	11:15-12:00 Water Workout	11:00-1:00 <b>Adult Lap</b>	11:15-12:00 Water Workout	11:00-1:00 <b>Adult Lap</b>	10:00-1:00 Swim Lessons Only
1:00-5:00 Family Swim <b>Adult Lap</b>		12:00-1:00 <b>Adult Lap</b>		12:00-1:00 <b>Swim Lessons Adult Lap</b>		
	1:00-3:30 <b>Family Swim Adult Lap</b>	1:00-3:30 <b>Family Swim Adult Lap</b>	1:00-3:30 <b>Family Swim Adult Lap</b>	1:00-3:30 <b>Family Swim Adult Lap</b>	1:00-3:30 <b>Family Swim Adult Lap</b>	1:00-5:00 <b>Family Swim Adult Lap</b>
	3:30-6:00 Swim Lessons Only	3:30-5:30 Swim Lessons Only	3:30-6:00 Swim Lessons Only	3:30-5:30 Swim Lessons Only	3:30-6:00 Swim Lessons Only	
<b>WE OFFER GROUP AND PRIVATE SWIM LESSONS YEAR ROUND</b>	6:00-7:00 <b>Adult Lap</b>	5:30-7:00 <b>Adult Lap</b>	6:00-7:00 <b>Adult Lap</b>	5:30-7:00 <b>Adult Lap</b>	6:00-9:00 <b>Family Swim Adult Lap</b>	<b>ATTN: LAP SWIMMERS A LANE MAY BE USED FOR SWIM LESSONS AT ANY TIME</b>
	7:00-8:00pm Aqua Aerobics	7:00-8:00pm Aqua Aerobics	7:00-8:00pm Aqua Jogging <b>Paid Class</b>	7:00-8:00pm Aqua Aerobics		
	8:00-9:00 <b>Adult Lap</b>	8:00-9:00 <b>Adult Lap</b>	8:00-9:00 <b>Adult Lap</b>	8:00-9:00 <b>Adult Lap</b>		