



# AQUA FITNESS SCHEDULE EFFECTIVE NOVEMBER 26

**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		10:00-11:00 <b>Aqua Aerobics</b>	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 <b>Swim Lessons Only</b>	11:00-1:00 <b>Adult Lap</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>	10:00-12:30 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>	1:00-5:00 <b>Family Swim Adult Lap</b>	
	3:30-6:00 Swim Lessons Only	3:30-5:30 Swim Lessons Only	3:30-5:30 <b>Swim Lessons Only</b>	3:30-4:00 <b>Swim Lessons Adult Lap</b>		3:30-4:00 <b>Swim Lessons Adult Lap</b>
			5:30-6:00 <b>Swim Lessons Adult Lap</b>	4:00-5:30 <b>Swim Lessons Only</b>		4:00-6:00 <b>Swim Lessons Only</b>
<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>	6:00-9:00 <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 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>		