

# LAP POOL

Sept 18, 2017 – Apr 1, 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Lap Swim 6:30-8:30		Lap Swim 6:30-8:30		Lap Swim 6:30-8:30			
Aqua Cycle 8:30-9:30	Aqua Cycle 8:00-9:00	Aqua Surf & Turf 8:30-9:30	Aqua Cycle 8:00-9:00	Aqua Cycle 8:30-9:30	Aquafit 8:30-9:30		
Aquafit 9:30-10:30	Aquafit Deep Water 9:00-10:00	Aqua Cycle 9:30-10:30	Aquafit Deep Water 9:00-10:00	Aquafit 9:30-10:30	Swim Lessons		
	Aquafit 10:00-11:00	Adult Lap Swim 10:30-11:30		Adult Lap Swim 10:30-11:30			
Lap Swim 11:30-1:00	Lap Swim 11:30-1:00	Lap Swim 11:30-12:30	Lap Swim 11:30-1:00	Lap Swim 11:20-12:30			
Aquafit 2:30-3:30	Swim Lessons	Aquafit 2:30-3:30	Swim Lessons	Aquafit 2:30-3:30		Public Swim 2:00-3:30	Public Swim 2:00-3:30
Swim Lessons		Swim Lessons		Swim Lessons		Lap Swim 3:30-5:00	
Lap Swim 7:00-8:00 (2 lanes)		Triathlon Training 7:30-9:00		Public Swim 7:00-8:00		Public Swim 7:00-8:30	
Aqua Zumba 7:00-8:00		Aqua Boot Camp 7:45-8:45		Lap Swim 8:00-9:30	Kayak Water Polo 8:00-9:00		Pre-registered Programs
						Drop in Programs	