

LAP POOL

April 3, 2018 – June 17, 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 (April 14 - Jun 9) 8:30 - 9:30 am	
	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		Aquafit 2:30-3:30		Aquafit 2:30-3:30	Public Swim 2:00-3:30	Public Swim 2:00-3:30
Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			Lap Swim 3:30-5:00
Lap Swim 7:00-8:00 (2 lanes)		Public Swim 7:00-8:00	Adult Swim Training 7:00-7:45		Lap Swim 6:00-7:00 pm (2 Lanes)	
Aqua Zumba 7:00-8:00		Lap Swim 8:00-9:30	Triathlon Training 7:30-9:00		Public Swim 7:00-8:30	
	Kayak Water Polo 8:00-9:00		Aqua Boot Camp 7:45-8:45			
						Pre-registered Programs
						Drop in Programs

