

LAP POOL

Sept 17, 2018 – March 31, 2019

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	(During swim lessons)		
Stretch & Strengthen 10:30-11:30 (2 lanes)	Aquafit 10:00-11:00	Adult Lap Swim 10:30-11:30	Adult Swim Lessons 10:00-11:00	Adult Lap Swim 10:30-11:30	Swim Lessons		
	Stretch & Strengthen 11:00-11:30 (2 lanes)						
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 11:30-12:30			
Aquafit 2:30-3:30	Parent & Tot Swim 1:15-2:15	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	
		Public Swim 7:00-8:00 (\$2 Swim)			Lap Swim (2 Lanes) 6:00-7:00		
Lap Swim 7:00-8:00		Lap Swim 8:00-9:30	Triathlon Training 7:30-9:00		Public Swim 7:00-8:30 (\$2 Swim)		
Aqua Zumba 7:00-8:00			Aqua Boot Camp 7:45-8:45				