

LAP POOL

April 1, 2019 – June 16, 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 Step 8:30-9:30	Aquafit 8:30-9:30	
Aquafit 9:30-10:30	Aquafit Deep Water 8:00-9:00	Aqua Cycle 9:30-10:30	Aquafit Deep Water 8:00-9:00	Aquafit 9:30-10:30	(Apr 13-Jun 8))	
Stretch & Strengthen 10:30-11:30 (2 lanes)	Aquafit 9:00-10:00	Adult Lap Swim 10:30-11:30	Aquafit 9:00-10:00	Adult Lap Swim 10:30-11:30		Swim Lessons
	Aquafit Shallow Water 10:30-11:30		Adult Swim Lessons 10:00-10:45			
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	
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) 7:00-8:00	Lap Swim 8:00-9:30			Trimmersion Training 8:00-9:00
Aqua Zumba 7:00-8:00						Pre-registered Programs
						Drop in Programs