



Adult Aquatics Schedule

April 2 – June 12, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Lengths 6:30-9:00am	Aqua Lengths 6:30-9:00am	Aqua Lengths 6:30-9:00am	Aqua Lengths 6:30-9:00am	Aqua Lengths 6:30-9:00am	
	Aqua Fit (1) 9:00-9:30am	Aqua Fit (2) 9:00-9:45am	Aqua Fit (1) 9:00-9:30am	Aqua Fit (2) 9:00-9:45am	Aqua Fit (1) 9:00-9:30am	
	Aqua Lengths 9:30-10:00am	Aqua Lengths 9:45-10:15am	Aqua Lengths 9:30-10:00am	Aqua Lengths 9:45-10:30am	Aqua Lengths 9:30-10:00am	Aqua Sweat! (2) +1 lane 10:30-11:15am
Women & Teen Girls Swim Lessons 11:45-12:30pm	Gentle Waters (1) 10:30-11:30am	Aqua Motion Beyond Breast Cancer 10:45-11:30am April 4- June 6		Gentle Waters (1) 10:30-11:30am	Women only Swim Lessons 10:00-10:45am	
	Aqua Lengths 11:30-12:00pm	Aqua Lengths 11:30-12:10pm	Aqua Baby Boot Camp 11:00-12:00pm April 5-June 7	Aqua Length 11:30-12:10pm	Aqua Lengths 11:30-12:10pm	
Aqua Fit (2) +1 lane 12:30-1:00pm	Aqua Sweat! (3) +1 lane 12:00-12:45pm	Aqua Tabata (3) +1 lane 12:10-12:40pm	Aqua Sweat! (2) +1 lane 12:00-12:45pm	Aqua Fit (2) +1 lane 12:10-12:40pm	Aqua Fit(2) +1 lane 12:10-12:40pm	
Women & Girls Open Swim 1:00-2:00pm	Aqua Lengths 12:45-1:00pm	Aqua Lengths 12:40-1:00pm	Aqua Lengths 12:45-1:00pm	Aqua Lengths 12:40-1:00pm	Aqua Lengths 12:40-1:00pm	Open Swim 1:00-2:00pm
		Women Alive! 1:00-2:00pm	Masters Swim 5:00-6:00pm			
	Aqua Lengths 4:00-5:00pm	Triathlon Training 5:00-6:00pm	Aqua Fit (2) +1 lane 6:00-6:45pm	Aqua Lengths 4:00-5:00pm	Aqua Lengths 5:00-6:00pm	
	Aqua Fit (2) +1 lane 8:30-9:15pm		Women & Teen girls Open Swim 6:45-7:45pm	Aqua Fit (2) +1 lane 8:30-9:15pm	Aqua Fit (2) +1 lane 6:00-6:45pm	
			Women & Teen Girls Swim Lessons 7:45-8:30pm			

■ Women only

- (1) Low-moderate intensity classes
- (2) Moderate-high intensity classes
- (3) High intensity classes

