



Adult Aquatics Schedule July 8- August 19, 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 9:00-9:30am	Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:30am	Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:30am	Aqua Lengths 8:30-9:00am
	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! +1 lane 9:00-9:45am
	Gentle Waters/ Seniors AquaFit 10:30-11:30am	Aqua Baby Boot Camp 10:45-11:30am July 5- Aug 23		Gentle Waters / Seniors AquaFit 10:30-11:30am	Women only Swim Lessons 10:30-11:15am July 7- Aug 25	
Women & Teen Girls Lessons Basic 1 & 2 11:45-12:30pm July 9-Aug 27	Aqua Lengths 11:30-12:00pm	Aqua Lengths 11:30-12:10pm	Aqua Lengths 11:30-12:00	Aqua Length 11:30-12:10pm	Aqua Lengths 11:30-12:10pm	
Aqua Fit +1 lane 12:30-1:00pm	Aqua Sweat! + 1 lane 12:00-12:45pm	Aqua Tabata + 1 lane 12:10-12:40pm	Aqua Sweat! + 1 lane 12:00-12:45pm	Aqua Fit + 1 lane 12:10-12:40pm	Aqua Fit + 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 12:00-1:00pm
			Masters Swim 4:00-5:00pm			
	Aqua Lengths 4:00-5:00pm	Triathlon Training 4:00-5:00pm	Aqua Fit + 1 lane 6:30-7:15pm	Aqua Lengths 4:00-5:00pm		
			Women & Teen girls Lessons Beginners 7:15-8:00pm July 5-Aug 23			
			Women & Teen Girls Open Swim 8:00-9:00pm			





Adult Aquatics Schedule

July 1- July 7 & Aug 20-Sept 2, 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 9:00-9:30am	Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:30am	Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:30am	Aqua Lengths 8:30-9:00am
	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! +1 lane 9:00-9:45am
	Gentle Waters 10:30-11:30am			Gentle Waters 10:30-11:30am	Women only Swim Lessons 10:30-11:15am July 7-Aug 25	
Women & Teen Girls Lessons Basic 1 & 2 11:45-12:30pm July 9- Aug 27	Aqua Lengths 11:30-12:00pm	Aqua Lengths 11:30-12:10pm	Aqua Baby Boot Camp 11:00-12:00pm July 5-Aug 23	Aqua Length 11:30-12:10pm	Aqua Lengths 11:30-12:10pm	
Aqua Fit +1 lane 12:30-1:00pm	Aqua Sweat! + 1 lane 12:00-12:45pm	Aqua Tabata + 1 lane 12:10-12:40pm	Aqua Sweat! + 1 lane 12:00-12:45pm	Aqua Fit + 1 lane 12:10-12:40pm	Aqua Fit + 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 12:00-1:00pm
		Triathlon Training 5:00-6:00pm	Masters Swim 5:00-6:00pm			
	Aqua Lengths 5:00-6:30pm Aug 21, 28	Aqua Lengths 6:00-7:00pm	Aqua Fit + 1 lane 6:30-7:15pm	Aqua Lengths 5:00-7:00pm		
			Women & Teen girls Lessons Beginners 7:15-8:00pm July 5-Aug 23			
			Women & Teen Girls Open Swim 8:00-9:00pm			

Women

