



Adult Aquatics Schedule January 8 to March 24, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Lengths 6:30-9:00 a.m.	Aqua Lengths 6:30-9:00 a.m.	Aqua Lengths 6:30-9:00 a.m.	Aqua Lengths 6:30-9:00 a.m.	Aqua Lengths 6:30-9:00 a.m.	
	Aqua Fit 9:00-9:30 a.m.	Aqua Fit 9:00-9:45 a.m.	Aqua Fit 9:00-9:30 a.m.	Aqua Fit 9:00-9:45 a.m.	Aqua Fit 9:00-9:30 a.m.	
	Aqua Lengths 9:30-10:00a.m.	Aqua Lengths 9:45-10:30 a.m.	Aqua Lengths 9:30-10:00 a.m.	Aqua Lengths 9:45-10:30 a.m.	Aqua Lengths 9:30-10:00a.m.	Aqua Sweat! +1 lane 10:30-11:15a.m.
	Gentle Waters 10:30-11:30a.m.			Gentle Waters 10:30-11:30 a.m.	Aqua Motion Beyond Breast Cancer 10:45-11:30a.m. <small>Registered program Jan 12- Mar 16</small>	Open Swim 1:00-2:00 p.m.
	Aqua Lengths 11:30-12:00p.m.	Aqua Lengths 11:30-12:10 p.m.	Aqua Lengths 11:30-12:10 p.m.	Aqua Lengths 11:30-12:10 p.m.	Aqua Lengths 11:30-12:10 p.m.	
Aqua Fit +1 lane 12:30-1:00p.m.	Aqua Sweat! + 1 lane 12:00-12:45p.m.	Aqua Tabata + W-Alive! 12:10-12:40 p.m.	Aqua Tabata + 1 lane 12:10-12:40 p.m.	Aqua Fit + 1 lane 12:10-12:40 p.m.	Aqua Fit + 1 lane 12:10-12:40p.m.	
Women & Girls Open Swim 1:00-2:00 p.m.	Aqua Lengths 12:45-1:00 p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00p.m.	
			Masters Swim 5:00-6:00 p.m.		Aqua Lengths 4:45-5:15 p.m.	
	Aqua Lengths 4:00-5:00 p.m.	Aqua Fit +1lane 5:15-6:00 p.m.	Women's Only Open Swim 8:00-8:45pm	Aqua Lengths 4:00-5:00 p.m.	Aqua Fit + 1 lane 5:15-6:00 p.m.	