



## Adult Aquatics Schedule April 2 – June 18, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Aqua Lengths</b> 6:30-9:00 a.m.	<b>Aqua Lengths</b> 6:30-9:00 a.m.	<b>Aqua Lengths</b> 6:30-9:00 a.m.	<b>Aqua Lengths</b> 6:30-9:00 a.m.	<b>Aqua Lengths</b> 6:30-9:00 a.m.	
	<b>Aqua Fit</b> 9:00-9:30 a.m.	<b>Aqua Fit</b> 9:00-9:45 a.m.	<b>Aqua Fit</b> 9:00-9:30 a.m.	<b>Aqua Fit</b> 9:00-9:45 a.m.	<b>Aqua Fit</b> 9:00-9:30 a.m.	
	<b>Aqua Lengths</b> 9:30-10:00a.m.	<b>Aqua Lengths</b> 9:45-10:00 a.m.	<b>Aqua Lengths</b> 9:30-10:00 a.m.	<b>Aqua Lengths</b> 9:45-10:15 a.m.	<b>Aqua Lengths</b> 9:30-10:00a.m.	<b>Aqua Sweat!</b> <b>+1 lane</b> 10:30-11:15a.m.
	<b>Gentle Waters</b> 10:30-11:30a.m.			<b>Gentle Waters</b> 10:30-11:30 a.m.		<b>Open Swim</b> 1:30-2:30 p.m.
	<b>Aqua Lengths</b> 11:30-12:00p.m.	<b>Aqua Lengths</b> 11:30-12:10 p.m.	<b>Aqua Baby Boot Camp</b> 11:15am-12:00p.m.	<b>Aqua Lengths</b> 11:30-12:10 p.m.	<b>Aqua Lengths</b> 11:30-12:10p.m.	
<b>Aqua Fit +1 lane</b> 12:30-1:00p.m.	<b>Aqua Sweat! +1 lane</b> 12:00-12:45p.m.	<b>Aqua Tabata + W-Alive!</b> 12:10-12:40 p.m.	<b>Aqua Tabata +1 lane</b> 12:10-12:40 p.m.	<b>Aqua Fit +1 lane</b> 12:10-12:40 p.m.	<b>Aqua Fit +1 lane</b> 12:10-12:40p.m.	
<b>Women &amp; Girls Open Swim</b> 1:00-2:00 p.m.	<b>Aqua Lengths</b> 12:45-1:00 p.m.	<b>Aqua Lengths</b> 12:40-1:00 p.m.	<b>Aqua Lengths</b> 12:40-1:00 p.m.	<b>Aqua Lengths</b> 12:40-1:00 p.m.	<b>Aqua Lengths</b> 12:40-1:00p.m.	
	<b>Aqua Motion Beyond Breast Cancer</b> 1:30-2:15pm Registered program Apr 9 – Jun 18	<b>Triathlon Training</b> 5:00-5:45pm Starts May 1 <sup>st</sup>				
		<b>Aqua Lengths</b> 5:00-5:45pm <b>April 3- 24 only</b>	<b>Masters Swim</b> 5:00-6:00 p.m.			
	<b>Aqua Lengths</b> 4:30-5:00 p.m.	<b>Aqua Fit +1lane</b> 5:45-6:30 p.m.	<b>Women's &amp; Teens Only Open Swim</b> 8:00-9:00pm	<b>Aqua Lengths</b> 4:30-5:00 p.m.	<b>Aqua Fit +1 lane</b> 5:15-6:00 p.m.	

**WOMEN ONLY**

