



Adult Aquatics Schedule June 24 – June 30, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED July 1	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.	Closed June 30
	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 9:45-10:00 a.m.	Aqua Lengths 9:30-10:00 a.m.	Aqua Lengths 9:45-10:15 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.	Aqua Lengths 11:30-12:10 p.m.		Gentle Waters 10:30-11:30 a.m.		Open Swim 1:30-2:30 p.m.
	Aqua Lengths 11:30-12:00p.m.	Aqua Tabata + W-Alive! 12:10-12:40 p.m.	Aqua Tabata + 1 lane 12:10-12:40 p.m.	Aqua Lengths 11:30-12:10 p.m.	Aqua Lengths 11:30-12:10p.m.	
Aqua Fit +1 lane 12:30-1:00p.m.	Aqua Sweat! + 1 lane 12:00-12:45p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00 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.	Women Only Swim 1:00-1:30pm	Women Only Swim 1:00-1:30pm	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00p.m.	
	Aqua Motion Beyond Breast Cancer 1:30-2:15pm <small>Registered program Apr 9 - Jun 25</small>	Triathlon Training 5:00-5:45pm	Masters Swim 5:00-6:00 p.m.	Women Only Swim 4:00-4:30pm	Women Only Swim 2:00-2:30pm	
	Women Only Swim 4:00-4:30pm	Aqua Fit +1lane 5:45-6:30 p.m.	Aqua Fit + 1 Lane 6:00-6:45pm	Aqua Lengths 4:30-5:45 p.m.		
		Aqua Lengths 6:30-7:15pm	Women's & Teens Only Open Swim 7:00-8:00pm	Aqua Fit 5:45-6:15pm		

