



# Adult Aquatics Schedule **SUMMER** July 1- August 11, 2018

(Please see Page 2: Schedule from August 12 to September 1, 2018)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Closed</b> July 1 <sup>st</sup> & 2 <sup>nd</sup>	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.	
<b>Closed</b> August 6 <sup>th</sup>	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 9:30-9:45a.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.	<b>Aqua Sweat!</b> <b>+1 lane</b> 9:00-9:45a.m.
	<b>Aqua Baby Boot</b> <b>Camp</b> 9:45-10:30am			<b>Gentle Waters</b> 10:30-11:30 a.m.		<b>Aqua Lengths</b> 9:45-10:30am
	<b>Gentle Waters</b> 10:30-11:30a.m.		<b>Aqua Lengths</b> 11:30-12:10pm			<b>Open Swim</b> 12:00-1:00pm
<b>Aqua Fit</b> <b>+1 lane</b> 12:30-1:00p.m.	<b>Aqua Lengths</b> 11:30-12:00p.m.	<b>Aqua Lengths</b> 11:30-12:10 p.m.	<b>Aqua Tabata</b> <b>+ 1 lane</b> 12:10-12:40 p.m.	<b>Aqua Lengths</b> 11:30-12:10 p.m.	<b>Aqua Lengths</b> 11:30-12:10p.m.	
<b>Women &amp; Girls</b> <b>Open Swim</b> 1:00-2:00 p.m.	<b>Aqua Sweat!</b> <b>+ 1 lane</b> 12:00-12:45p.m.	<b>Aqua Tabata</b> <b>+ W-Alive!</b> 12:10-12:40 p.m.	<b>Aqua Lengths</b> 12:40-1:00 p.m.	<b>Aqua Fit</b> <b>+ 1 lane</b> 12:10-12:40 p.m.	<b>Aqua Fit</b> <b>+ 1 lane</b> 12:10-12:40p.m.	
	<b>Women Only</b> <b>Swim</b> 3:30-4:00pm	<b>Women Only</b> <b>Swim</b> 3:30-4:00pm		<b>Women Only</b> <b>Swim</b> 3:30-4:00pm	<b>Women Only</b> <b>Swim</b> 4:30-5:00pm July 6 & 13	
	<b>Aqua Lengths</b> 4:15-5:00 p.m.		<b>Masters Swim</b> 5:00-6:00 p.m.		<b>Women Only</b> <b>Swim</b> 3:30-4:00pm July 20 & on	
	<b>Triathlon</b> <b>Training</b> 5:00-6:00pm July 9,16,23,30	<b>Aqua Lengths</b> 4:15-5:00pm	<b>Aqua Fit + 1Lane</b> 6:00-6:45pm	<b>Aqua Lengths</b> 4:15-5:00 p.m.		
	<b>Aqua Fit +1Lane</b> 6:00-6:45pm	<b>Triathlon Training</b> 5:00-6:00pm Aug 7,14,21,28	<b>Women's &amp; Teens</b> <b>Only Open Swim</b> 7:30-8:30pm	<b>Aqua Fit +1Lane</b> 5:15-6:00pm Aug 9,16,23,30		





## Adult Aquatics Schedule August 12– September 1, 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 Sweat! +1 lane</b> 9:00–9:45a.m.
	<b>Aqua Lengths</b> 9:30–9:45a.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 Lengths</b> 9:45–10:30am
	<b>Aqua Baby Boot Camp</b> 9:45–10:30am			<b>Gentle Waters</b> 10:30–11:30 a.m.		<b>Open Swim</b> 10:30–11:30am
	<b>Gentle Waters</b> 10:30–11:30a.m.		<b>Aqua Lengths</b> 11:30–12:10pm			
<b>Aqua Fit +1 lane</b> 12:30–1:00p.m.	<b>Aqua Lengths</b> 11:30–12:00p.m.	<b>Aqua Lengths</b> 11:30–12:10 p.m.	<b>Aqua Tabata + 1 lane</b> 12:10–12:40 p.m.	<b>Aqua Lengths</b> 11:30–12:10 p.m.	<b>Aqua Lengths</b> 11:30–12:10p.m.	
<b>Women &amp; Girls Open Swim</b> 1:00–2:00 p.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 Lengths</b> 12:40–1:00 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 Only Swim</b> 3:30–4:00pm	<b>Women only Swim</b> 3:30–4:00pm	<b>Masters Swim</b> 5:00–6:00 p.m.	<b>Women Only Swim</b> 3:30–4:00pm	<b>Women Only Swim</b> 3:30–4:00pm	
	<b>Aqua Lengths</b> 4:45–6:00 p.m.	<b>Aqua Lengths</b> 4:15–5:00pm	<b>Aqua Fit + 1Lane</b> 6:00–6:45pm	<b>Aqua Lengths</b> 4:15–5:00 p.m.		
	<b>Aqua Fit +1Lane</b> 6:00–6:45pm	<b>Triathlon Training</b> 5:00–6:00pm	<b>Women's &amp; Teens Only Open Swim</b> 7:30–8:30pm			

Women only

