



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





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

Women only

