



Adult Aquatics Schedule April 18–June 23, 2018

	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.	
				Gentle Waters 10:30–11:30 a.m.		Aqua Fit 10:30–11:15am
	Gentle Waters 10:30–11:30a.m.	Aqua Lengths 11:30–12:10 p.m.	Aqua Baby Boot Camp 11:15am–12:00p.m.	Aqua Lengths 11:30–12:10 p.m.	Aqua Lengths 11:30–12:10p.m.	Open Swim 1:30–2:30pm
Aqua Fit +1 lane 12:30–1:00p.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 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 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 Lengths 12:40–1:00 p.m.	Aqua Lengths 12:40–1:00p.m.	
	Women Only Swim 4:00–4:30pm	Women Only Swim 1:00–1:30pm	Women Only Swim 1:00–1:30pm	Women Only Swim 4:00–4:30pm	Women Only Swim 1:00–1:30pm	
	Aqua Lengths 4:30–5:00 p.m.		Masters Swim 5:00–6:00 p.m.			
		Triathlon Training 5:00–5:45pm		Aqua Lengths 4:30–5:00 p.m.	Aqua Fit + 1 lane 5:15–6:00pm	
		Aqua Fit + 1 lane 5:45–6:15pm	Women's & Teens Only Open Swim 8:00–9:00pm			

