



Adult Aquatics Schedule October 1 to November 26, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lane Swim 6:30-7:30am	1 Lane Swim 6:30-7:30am	1 Lane Swim 6:30-7:30am			
	Aqua Lengths 7:30-9:00 a.m.	Aqua Lengths 7:30-9:00 a.m.	Aqua Lengths 7:30-9:00 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 Lengths 9:30-10:00a.m.	Aqua Lengths 9:45-10:30 a.m.	Aqua Lengths 9:30-10:00 a.m.	Aqua Lengths 9:45-10:30 a.m.	Aqua Lengths 9:30-10:00a.m.	Aqua Sweat! +1 lane 11:30-12:15p.m.
	Gentle Waters 10:30-11:30a.m.		Aqua Baby Boot Camp 11:15-12:00pm 10 week class	Gentle Waters 10:30-11:30 a.m.		Open Swim 12:30-1:30p.m.
	Aqua Lengths 11:30-12:00p.m.	Aqua Lengths 11:30-12:10 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 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 Lengths 12:45-1:00 p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00 p.m.	Aqua Lengths 12:40-1:00p.m.	
	Aqua Motion Beyond Breast Cancer 1:30-2:15pm 10 week class		Aqua Lengths 4:15-5:00pm	Aqua Lengths 4:15-5:00 p.m.		
			Masters Swim 5:00-6:00 p.m.			
	Aqua Fit + 1 lane 5:15-6:00pm		Women's Only Open Swim 8:00-9:00pm		Aqua Fit + 1 lane 5:15-6:00 p.m.	