

## AQUATICS SCHEDULE September 2017 - June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird (4 Lanes)	Early Bird	Early Bird (4 Lanes)	Early Bird	Early Bird (4 Lanes)	Early Bird	Early Bird (4 Lanes)
7:00 am - 9:00 am	(4 Lanes)	6:00 am - 9:00 am	(4 Lanes)	6:00 am - 9:00 am	(4 Lanes)	7:00 am - 9:00 am
<b>Baby Belugas</b> 9:00 am - 9:30 am	6:00 am - 10:00 am	<b>Baby Belugas</b> 9:00 am - 9:30 am	6:00 am - 9:30 am	<b>Baby Belugas</b> 9:00 am - 9:30 am	6:00 am - 10:00 am	Baby Belugas 9:00 am - 9:30 am
Little Dippers		Beth Israel	Open Adult Swim	Little Dippers		Little Dippers
9:30 am -10:00 am	Open Adult Swim	9:30 am - 10:00 am	(2 Lane)	9:30 am - 10:00 am	Open Adult Swim	9:30 am - 10:00 am
<b>Big Fish</b> 10:00 am -10:30 am	(2 Lanes) 10:00 am -11:00 am	Little Dippers 10:00 am - 10:30 am	9:30 am -10:30 am  Pre-School	<b>Big Fish</b> 10:00 am -10:30 am	(2 Lanes) 10:00 am -11:00 am	<b>Big Fish</b> 10:00 am -10:30 am
Family Swim		Big Fish	10:30 am - 11:00 am	Tadpoles		A ali illa Ciri
10:30 am - 12:00 pm	Aqua Aerobics	10:30 am - 11:00 am	Aqua Aerobics	10:30 am - 11:00 am	Aqua Aerobics	Adult Swim (4 Lanes)
Tadpoles / Sea Horses	11:00 am - 12:00 pm	Women Only (2 Lanes)	11:00 am - 12:00 pm	Women Only (2 Lanes)	11:00 am - 12:00 pm	10:30 am - 11:30 am
12:00 pm - 12:30 pm		11:00 am - 12:00 pm		11:00 am - 12:00 pm		
Tadpoles / Otters	Lunch Time Lap Swim	Lunch Time Lap Swim	Lunch Time Lap Swim	Lunch Time Lap Swim	Lunch Time Lap Swim	Big Fish
12:30 pm - 1:00 pm	(4 Lanes)	(4 Lanes)	(4 Lanes)	(4 Lanes)	(4 Lanes)	11:30 am - 12:00 pm
Dolphins / Sharks	12:00 pm - 2:00 pm	12:00 pm - 2:00 pm	12:00 pm - 2:00 pm	12:00 pm - 2:00 pm	12:00 pm - 2:00 pm	11.30 am - 12.00 pm
1:00 pm - 1:30 pm	Sirovich Swim Class	Tadpoles	Big Fish	Baby Belugas	Little Dippers	Otters / Sea Horses
Baby Belugas	2:00 pm - 2:30 pm	2:00 pm - 2:30 pm	2:00 pm - 2:30 pm	2:00 pm - 2:30 pm	2:00 pm - 2:30 pm	12:00 pm - 12:30 pm
1:30 pm - 2:00 pm	Baby Belugas	Big Fish	Baby Belugas	Pre-School	Big Fish	Tadpoles
Little Dippers	2:30 pm - 3:00 pm	2:30 pm - 3:00 pm	2:30 pm - 3:00 pm	2:30 pm - 3:00 pm	2:30 pm - 3:00 pm	12:30 pm - 1:00 pm
2:00 pm - 2:30 pm	Little Dippers	Tadpoles	Little Dippers	Tadpoles	Tadpoles	Baby Belugas
Adult Beginner Swim /	3:00 pm - 3:30 pm	3:00 pm - 3:30 pm	3:00 pm - 3:30 pm	3:00 pm - 3:30 pm	3:00 pm - 3:30 pm	1:00 pm - 1:30 pm
Adult Advanced Beginner Swim	Tadpoles / Sea Horses	Tadpoles / Sea Horses	Tadpoles / Sea Horses	Otters / Sea Horses		Little Dippers
2:30 pm - 3:30 pm	3:30 pm - 4:00 pm	3:30 pm - 4:00 pm	3:30 pm - 4:00 pm	3:30 pm - 4:00 pm	Family Swim	1:30 pm - 2:00 pm
	Special Needs / Tadpoles	Sea Horses / Otters	Otters / Sea Horses	Dolphins / Sharks	3:30 pm - 5:00 pm	Family Swim
Pool Rental	4:00 pm - 4:30 pm	4:00 pm - 4:30 pm	4:00 pm - 4:30 pm	4:00 pm - 4:30 pm		2:00 pm - 4:00 pm
3:30 pm - 4:30 pm	<b>Family Swim</b> 4:30 pm - 5:30 pm	Aqua Jets Swim Team	Family Swim	Aqua Jets Swim Team		
Family Swim	Afterschool 5:30 pm - 6:00 pm	4:30 pm - 5:30 pm	4:30 pm - 6:00 pm	4:30 pm - 5:30 pm		Special Needs (Age 4-7)
4:30 pm - 6:30 pm	Aqua Boot Camp	Family Swim	Aqua Cardio	Family Swim		4:00 pm - 4:30 pm
Women Only	6:00 pm - 7:00 pm	5:30 pm - 6:30 pm	6:00 pm - 7:00 pm	5:30 pm - 6:30 pm	Afterschool	Special Needs (Age 8-12)
(2 Lanes)	Family Swim	Adult Beginner Swim	Family Swim	Adult Beginner Swim	5:00 pm - 6:00pm	4:30 pm - 5:00 pm
6:30 pm - 7:30 pm	7:00 pm - 8:00 pm	6:30 pm - 7:30 pm	7:00 pm - 8:00 pm	6:30 pm - 7:30 pm		Family Swim
Adult Swim	Adult Swim	Adult Swim	Adult Beginner Swim /	Adult Swim	Adult Swim	5:00 pm - 7:00 pm
7:30 pm - 9:00pm	(4 Lanes)	(4 Lanes)	Adult Advanced Beginner Swim	(4 Lanes)	(4 Lanes)	Adult Swim
	8:00 pm - 9:30 pm	7:30 pm - 9:30 pm	8:00 pm - 9:00 pm	7:30 pm - 9:30 pm	6:00 pm - 8:00 pm	(4 Lanes)
			Adult Swim (4 Lanes)			7:00 pm - 8:00 pm
			9:00 pm - 9:30 pm			

Swim time for members are in the shaded boxes. For all other classes, please register at the front desk.

## Pool Rules

Clients must shower before entering the swimming pool. Swim caps are required at all time.

Children under the age of 13 must be accompanied by adult.

Street shoes are not permitted on the pool deck, shower area and drying area.

No Diving and Running on the pool deck.

No Food or Glass Bottles on the pool deck or locker rooms

Backpacks and noodles are allowed during Family Swim. Kickboards, Buoys, Barbell and Dumbbells may not be used during Family Swim. Circle Swimming during Women Only, Lap Swim & Adult Swim