



## AQUATICS SCHEDULE September 2018 - June 26, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Early Bird (4 Lanes)</b> 7:00 am - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 am - 10:00 am	<b>Early Bird (4 Lanes)</b> 6:00 am - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 am - 9:30 am	<b>Early Bird (4 Lanes)</b> 6:00 am - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 am - 10:00 am	<b>Early Bird (4 Lanes)</b> 7:00 am - 9:00 am	
<b>Baby Belugas</b> 9:00 am - 9:30 am		<b>Baby Belugas</b> 9:00 am - 9:30 am		<b>Baby Belugas</b> 9:00 am - 9:30 am			<b>Baby Belugas</b> 9:00 am - 9:30 am
<b>Little Dippers</b> 9:30 am - 10:00 am		<b>Open Adult Swim (2 Lanes)</b> 10:00 am - 11:00 am	<b>Beth Israel</b> 9:30 am - 10:00 am	<b>Open Adult Swim (2 Lane)</b> 9:30 am - 10:30 am		<b>Little Dippers</b> 9:30 am - 10:00 am	<b>Open Adult Swim (2 Lanes)</b> 10:00 am - 11:00 am
<b>Big Fish</b> 10:00 am - 10:30 am			<b>Little Dippers</b> 10:00 am - 10:30 am		<b>Pre-School</b> 10:30 am - 11:00 am	<b>Big Fish</b> 10:00 am - 10:30 am	
<b>Family Swim</b> 10:30 am - 12:00 pm		<b>Aqua Aerobics</b> 11:00 am - 12:00 pm	<b>Big Fish</b> 10:30 am - 11:00 am	<b>Aqua Aerobics</b> 11:00 am - 12:00 pm	<b>Tadpoles</b> 10:30 am - 11:00 am	<b>Aqua Aerobics</b> 11:00 am - 12:00 pm	<b>Adult Swim (4 Lanes)</b> 10:30 am - 11:30 am
<b>Tadpoles / Sea Horses</b> 12:00 pm - 12:30 pm			<b>Women Only (2 Lanes)</b> 11:00 am - 12:00 pm		<b>Women Only (2 Lanes)</b> 11:00 am - 12:00 pm		
<b>Tadpoles / Otters</b> 12:30 pm - 1:00 pm		<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 pm - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 pm - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 pm - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 pm - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 pm - 2:00 pm	<b>Big Fish</b> 11:30 am - 12:00 pm
<b>Dolphins / Sharks</b> 1:00 pm - 1:30 pm	<b>Private Lesson</b> 2:00 pm - 2:30 pm		<b>Tadpoles</b> 2:00 pm - 2:30 pm	<b>Big Fish</b> 2:00 pm - 2:30 pm	<b>Baby Belugas</b> 2:00 pm - 2:30 pm	<b>Little Dippers</b> 2:00 pm - 2:30 pm	<b>Otters / Sea Horses</b> 12:00 pm - 12:30 pm
<b>Baby Belugas</b> 1:30 pm - 2:00 pm	<b>Baby Belugas</b> 2:30 pm - 3:00 pm		<b>Big Fish</b> 2:30 pm - 3:00 pm	<b>Baby Belugas</b> 2:30 pm - 3:00 pm	<b>Pre-School</b> 2:30 pm - 3:00 pm	<b>Big Fish</b> 2:30 pm - 3:00 pm	<b>Tadpoles</b> 12:30 pm - 1:00 pm
<b>Little Dippers</b> 2:00 pm - 2:30 pm	<b>Little Dippers</b> 3:00 pm - 3:30 pm		<b>Tadpoles</b> 3:00 pm - 3:30 pm	<b>Little Dippers</b> 3:00 pm - 3:30 pm	<b>Tadpoles</b> 3:00 pm - 3:30 pm	<b>Tadpoles</b> 3:00 pm - 3:30 pm	<b>Baby Belugas</b> 1:00 pm - 1:30 pm
<b>Adult Beginner Swim / Adult Advanced Beginner Swim</b> 2:30 pm - 3:30 pm	<b>Tadpoles / Sea Horses</b> 3:30 pm - 4:00 pm		<b>Tadpoles / Sea Horses</b> 3:30 pm - 4:00 pm	<b>Tadpoles / Sea Horses</b> 3:30 pm - 4:00 pm	<b>Otters / Sea Horses</b> 3:30 pm - 4:00 pm	<b>Family Swim</b> 3:30 pm - 5:00 pm	<b>Little Dippers</b> 1:30 pm - 2:00 pm
	<b>Special Needs / Tadpoles</b> 4:00 pm - 4:30 pm		<b>Sea Horses / Otters</b> 4:00 pm - 4:30 pm	<b>Otters / Sea Horses</b> 4:00 pm - 4:30 pm	<b>Dolphins / Sharks</b> 4:00 pm - 4:30 pm		<b>Family Swim</b> 2:00 pm - 4:00 pm
<b>Pool Rental</b> 3:30 pm - 4:30 pm	<b>Family Swim</b> 4:30 pm - 5:30 pm		<b>Aqua Jets Swim Team</b> 4:30 pm - 5:30 pm	<b>Family Swim</b> 4:30 pm - 6:00 pm	<b>Aqua Jets Swim Team</b> 4:30 pm - 5:30 pm		
<b>Family Swim</b> 4:30 pm - 6:30 pm	<b>Afterschool</b> 5:30 pm - 6:00 pm					<b>Afterschool</b> 5:00 pm - 6:00pm	<b>Special Needs (Age 8-12)</b> 4:30 pm - 5:00 pm
	<b>Aqua Boot Camp</b> 6:00 pm - 7:00 pm		<b>Family Swim</b> 5:30 pm - 6:30 pm	<b>Aqua Exercise</b> 6:00 pm - 7:00 pm	<b>Family Swim</b> 5:30 pm - 6:30 pm		
<b>Women Only (2 Lanes)</b> 6:30 pm - 7:30 pm	<b>Family Swim</b> 7:00 pm - 8:00 pm		<b>Adult Beginner Swim</b> 6:30 pm - 7:30 pm	<b>Family Swim</b> 7:00 pm - 8:00 pm	<b>Aqua Boxing</b> 6:30 pm - 7:30 pm	<b>Adult Swim (4 Lanes)</b> 6:00 pm - 8:00 pm	<b>Family Swim</b> 5:00 pm - 7:00 pm
<b>Adult Swim</b> 7:30 pm - 9:00pm		<b>Adult Swim (4 Lanes)</b> 7:30 pm - 9:30 pm	<b>Adult Beginner Swim / Adult Advanced Beginner Swim</b> 8:00 pm - 9:00 pm	<b>Adult Swim (4 Lanes)</b> 7:30 pm - 9:30 pm			<b>Adult Swim (4 Lanes)</b> 7:00 pm - 8:00 pm
			<b>Adult Swim (4 Lanes)</b> 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, Buoy, Barbell and Dumbbells may not be used during Family Swim.

Circle Swimming during Women Only, Lap Swim & Adult Swim