



## AQUATICS SCHEDULE

### Summer 2019: June 27th - August 25th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Early Bird (4 Lanes)</b> 7:00 - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 - 9:00 am	<b>Early Bird (4 Lanes)</b> 6:00 - 9:00 am	<b>Early Bird (4 Lanes)</b> 7:00 - 9:00 am
<b>Baby Belugas</b> 9:00 - 9:30 am	<b>Camp</b> 9:00 am - 10:30 am	<b>Baby Belugas</b> 9:00 - 9:30 am	<b>Camp</b> 9:00 am - 10:30 am	<b>Baby Belugas</b> 9:00 - 9:30 am	<b>Camp</b> 9:00 am - 10:30 am	<b>Baby Belugas</b> 9:00 - 9:30 am
<b>Little Dippers</b> 9:30 - 10:00 am	<b>Open Adult Swim (2 Lanes)</b> 10:30 - 11:00 am	<b>Little Dippers</b> 9:30 - 10:00 am	<b>Open Adult Swim (2 Lanes)</b> 10:30 - 11:00 am	<b>Little Dippers</b> 9:30 - 10:00 am	<b>Open Adult Swim (2 Lanes)</b> 10:30 - 11:00 am	<b>Little Dippers</b> 9:30 - 10:00 am
<b>Big Fish</b> 10:00 - 10:30 am	<b>Aqua Aerobics</b> 11:00 am - 12:00 pm	<b>Big Fish</b> 10:00 - 10:30 am	<b>Aqua Aerobics</b> 11:00 am - 12:00 pm	<b>Big Fish</b> 10:00 - 10:30 am	<b>Aqua Aerobics</b> 11:00 am - 12:00 pm	<b>Big Fish</b> 10:00 - 10:30 am
<b>Family Swim</b> 10:30 am - 12:00 pm		<b>Tadpoles</b> 10:30 - 11:00 am		<b>Tadpoles</b> 10:30 - 11:00 am		<b>Adult Swim (4 Lanes)</b> 10:30 - 11:30 am
<b>Tadpoles / Sea Horses</b> 12:00 - 12:30 pm		<b>Women Only (2 Lanes)</b> 11:00 - 12:00 pm		<b>Women Only (2 Lanes)</b> 11:00 - 12:00 pm		
<b>Tadpoles / Otters</b> 12:30 - 1:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 - 2:00 pm	<b>Lunch Time Lap Swim (4 Lanes)</b> 12:00 - 2:00 pm	<b>Big Fish</b> 11:30 - 12:00 pm
<b>Dolphins / Sharks</b> 1:00 - 1:30 pm	<b>Private Swim Lessons</b> 2:00 - 2:30 pm	<b>Tadpoles</b> 2:00 - 2:30 pm	<b>Big Fish</b> 2:00 - 2:30 pm	<b>Baby Belugas</b> 2:00 - 2:30 pm	<b>Little Dippers</b> 2:00 - 2:30 pm	<b>Otters / Sea Horses</b> 12:00 - 12:30 pm
<b>Baby Belugas</b> 1:30 - 2:00 pm	<b>Baby Belugas</b> 2:30 - 3:00 pm	<b>Big Fish</b> 2:30 - 3:00 pm	<b>Baby Belugas</b> 2:30 - 3:00 pm	<b>Swim Lessons/camp</b> 2:30 - 3:00 pm	<b>Big Fish</b> 2:30 - 3:00 pm	<b>Tadpoles</b> 12:30 - 1:00 pm
<b>Little Dippers</b> 2:00 - 2:30 pm	<b>Little Dippers</b> 3:00 - 3:30 pm	<b>Camp</b> 3:00 - 3:30 pm	<b>Little Dippers</b> 3:00 - 3:30 pm	<b>Camp</b> 3:00 - 3:30 pm	<b>Tadpoles</b> 3:00 - 3:30 pm	<b>Baby Belugas</b> 1:00 - 1:30 pm
<b>Adult Beginner Swim / Adult Advanced Beginner Swim</b> 2:30 - 3:30 pm	<b>Tadpoles / Seahorses</b> 3:30 - 4:00 pm	<b>Tadpoles / Sea Horses</b> 3:30 - 4:00 pm	<b>Tadpoles / Sea Horses</b> 3:30 - 4:00 pm	<b>Other / Sea Horses</b> 3:30 - 4:00 pm	<b>Family Swim</b> 3:30 - 5:00 pm	<b>Little Dippers</b> 1:30 pm - 2:00 pm
<b>Daddy &amp; Me Pool Rental</b> 3:30 - 4:30 pm	<b>Special Needs / Tadpoles</b> 4:00 - 4:30 pm	<b>Sea Horses / Otters</b> 4:00 - 4:30 pm	<b>Otters / Sea Horses</b> 4:00 - 4:30 pm	<b>Dolphins / Sharks</b> 4:00 - 4:30 pm		<b>Family Swim</b> 2:00 - 4:00 pm
<b>Family Swim</b> 4:30 - 6:30 pm	<b>Family Swim</b> 4:30 - 6:00 pm	<b>Aqua Jets Swim Team</b> 4:30 - 5:30 pm	<b>Family Swim</b> 4:30 - 6:00 pm	<b>Aqua Jets Swim Team</b> 4:30 - 5:30 pm		<b>Special Needs (Age 4-7)</b> 4:00 - 4:30 pm
<b>Women Only (2 Lanes)</b> 6:30 - 7:30 pm	<b>Aqua Boot Camp</b> 6:00 - 7:00 pm	<b>Family Swim</b> 5:30 - 6:30 pm	<b>Aqua Exercise</b> 6:00 - 7:00 pm	<b>Family Swim</b> 5:30 - 6:30 pm	<b>Private Swim Lessons</b> 5:00 - 6:00pm	<b>Special Needs (Age 8-12)</b> 4:30 - 5:00 pm
	<b>Family Swim</b> 7:00 - 8:00 pm	<b>Adult Beginner Swim</b> 6:30 - 7:30 pm	<b>Family Swim</b> 7:00 - 8:00 pm	<b>Adult Beginner Swim</b> 6:30 - 7:30 pm		<b>Family Swim</b> 5:00 - 7:00 pm
<b>Adult Swim (4 Lanes)</b> 7:30 - 8:30 pm	<b>Adult Swim (4 Lanes)</b> 8:00 - 9:30 pm	<b>Adult Swim (4 Lanes)</b> 7:30 - 9:30 pm	<b>Adult Beginner Swim / Adult Advanced Beginner Swim</b> 8:00 - 9:00 pm	<b>Adult Swim (4 Lanes)</b> 7:30 - 9:30 pm	<b>Adult Swim (4 Lanes)</b> 6:00 - 8:00 pm	<b>Adult Swim (4 Lanes)</b> 7:00 - 8:30 pm
			<b>Adult Swim (4 Lanes)</b> 9:00 - 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

No Swim Classes: 7/4