

Aquatics Schedule MAIN POOL

A Ministry of	ATTCS f FAI						
7 (I mistry of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM		,	, , , , , , , , , , , , , , , , , , ,	· · · · · ·	· · · · · · · · · · · · · · · · · · ·	· ·	
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM		Sec. Phys.					
6:15 AM		Marine Marine					
6:30 AM	T T		Swim Only	*******			
	Closed	CARREST CO.	m-11:00am	**************************************			
6:45 AM	Î	Monda	y - Friday	initio			
7:00 AM		Aliman James	and from from the				
7:15 AM		**	l		1		
7:30 AM		Deep Water		Deep Water		Deep Water	
7:45 AM		Toning & Cardio		Toning & Cardio		Toning & Cardio	Please Note:
8:00 AM		w/Marge		w/Marge		w/Marge	Adult Only Swim
8:15 AM		7:30-8:30		7:30-8:30		7:30-8:30	5am-11am M-F
8:30 AM		7.50 0.50		7.50 0.50		7.50 0.50	Jaili-11aili IVI-I
8:45 AM		Aqua-Zumba		Aqua-Tabata			May operate on:
9:00 AM		w/Velvet	Synapse Surf	w/Velvet	Synapse Surf		*NO LIFEGUARD
9:15 AM		8:40-9:40	w/Rita	8:40-9:40	w/Rita		
9:30 AM		0.40-3.40	9:00-10:00	8.40-3.40	9:00-10:00		ON DUTY*
9:45 AM							Swim at Your Own Risk-
10:00 AM			Cardio-Water		Cardio-Water	Aqua-Zumba	*W A T C H YOUR
10:15 AM			w/Fern		w/Fern	w/Velvet	
10:30 AM			10:00-11:00		10:00-11:00	10:00-11:00	<u>CHILDREN*</u>
10:45 AM	\ \ \\\		10.00-11.00	- On 10 at 10	10.00-11.00	10.00-11.00	
11:00 AM				There we see the	Land Committee		CLASSES HAVE
11:15 AM			C C	Adult Swim Onl	Y		PRIORITY USE
11:30 AM	A		***************************************	5:00am-11:00an	The state of the s		OF POOL
11:45 AM				Monday - Friday	A diminis		No children during classes
12:00 PM	· ·		Alien	12-12-12-12-12-12-12-12-12-12-12-12-12-1	And the second s		
12:15 PM							Cardio Water
12:30 PM			CHARACE				Strengthen your core and amp
12:45 PM			SUMMER			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	up your cardiovascular fitness
1:00 PM		Made	PLUS			Pool Deck	1
1:15 PM							with this high energy yet <i>low</i>
1:30 PM	l de la companya de		CAMP			Cleaning	impact workout!
1:45 PM	<u> </u>	FLAG	12:15-3:30			(Pool Open)	1
2:00 PM 2:15 PM		CANAD				1:00 _{pm} -	Deep Water Toning & Cardio
		CAMP				3:45 _{pm}	Total body conditioning using
2:30 PM 2:45 PM	i i	1:15-3:15				FRIDAYS	noodles, boards, buoys & all
3:00 PM							your muscles!
3:00 PM						*pressure	
3:30 PM	<mark>-</mark>					washer in use	Synapse Surf
3:45 PM				\			Join the fun balancing on
4:00 PM							noodles, playing with balls and
4:00 PM 4:15 PM							exercising your brain synapses
4:30 PM							as you have a great total body
4:30 PM	W						workout.
5:00 PM							workout.
5:15 PM						Closed	1
5:30 PM						Closed	Lap Swim
5:45 PM							All five lanes are set aside for
6:00 PM							lap swim. Please see the Lap
6:15 PM							Swim Etiquette handout for
6:30 PM			Cardio-Water	•	Cardio-Water		how to share lanes. <i>Thank you</i>
6:45 PM							for sharing!
7:00 PM			w/Dee		w/Dee		
	Closed		6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
7:30 PM							
7:45 PM			9am-5:45 pm				
8:00 PM		7:30-8:45 Fri 5a					urs 5am-8:45 pm
8:15 PM							5am-3:45 pm
8:30 PM							
8:45 PM						5	at CLOSED