

## Aquatics Schedule MAIN POOL

## **MAIN**

	of FAI						<b>.</b>
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM							
5:15 AM							
5:30 AM							
5:45 AM			Adult	<b>Only All Lanes</b>	Open		
6:00 AM		North Park	and the second second				
6:15 AM		All the state of t	the state of the s	<b>5:00-7:30</b>			
6:30 AM		The state of the s	Swim Only				
6:45 AM	i Ciosed i		m-11:00am iy - Friday				
7:00 AM	1	etimes	***************************************				
7:15 AM		The state of the s					
7:30 AM		Deen Water		Door Water		Door Water	
7:45 AM		Deep Water		Deep Water		Deep Water	Please Note:
8:00 AM		Toning & Cardio		Toning & Cardio		Toning & Cardio	
8:15 AM		w/Marge		w/Marge		w/Marge	Adult Only Swim
8:30 AM		7:30-8:30		7:30-8:30		7:30-8:30	5am-11am M-F
8:45 AM							
9:00 AM		Aqua-Zumba	C C C	Aqua-Tabata	C		May operate on:
9:00 AM		w/Velvet	Synapse Surf	w/Velvet	Synapse Surf		*NO LIFEGUARD
9:15 AM 9:30 AM		8:40-9:40	w/Rita	8:40-9:40	w/Rita		ON DUTY* -
			9:00-10:00		9:00-10:00		
9:45 AM							Swim at Your Own Risk-
10:00 AM 10:15 AM			Cardio-Water		Cardio-Water	Aqua-Zumba	*W A T C H YOUR
			w/Fern		w/Fern	w/Velvet	CHILDREN*
10:30 AM			10:00-11:00		10:00-11:00	10:00-11:00	CHILDREN
10:45 AM				Section of the section			
11:00 AM			***************************************	All the said that the said the said	ory Victorians		<u>CLASSES HAVE</u>
11:15 AM			- William	Adult Swim Only			PRIORITY USE
11:30 AM	A				The state of the s		OF POOL
11:45 AM			21,000	Monday - Friday	,		No children during classes
12:00 PM	V		, iii.	Marine Control			
12:15 PM				• •			Cardio Water
12:30 PM							Strengthen your core and amp
12:45 PM							
1:00 PM						Pool Deck	up your cardiovascular fitness
1:15 PM							with this high energy yet <i>low</i>
1:30 PM						Cleaning	impact workout!
1:45 PM						(Pool Open)	
2:00 PM							
7.45 044						1:00 <sub>pm</sub> -	Deep Water Toning & Cardio
2:15 PM	N						Deep Water Toning & Cardio Total body conditioning using
2:30 PM	N					3:45 <sub>pm</sub>	Total body conditioning using
2:30 PM 2:45 PM	N						Total body conditioning using noodles, boards, buoys & all
2:30 PM 2:45 PM 3:00 PM	N					3:45 <sub>pm</sub>	Total body conditioning using
2:30 PM 2:45 PM 3:00 PM 3:15 PM	N S					3:45 <sub>pm</sub> FRIDAYS	Total body conditioning using noodles, boards, buoys & all your muscles!
2:30 PM 2:45 PM 3:00 PM 3:15 PM 3:30 PM	N S					3:45pm FRIDAYS *pressure	Total body conditioning using noodles, boards, buoys & all your muscles!  Synapse Surf
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