

8:15 PM

8:30 PM 8:45 PM

AQUATICS SCHEDULE

A Ministry							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM							2026
5:15 AM							ANGA NA
5:30 AM							
5:45 AM			<u>Adult</u>	Only All Lanes	<u>Open</u>		
6:00 AM				5:00-7:30			
6:15 AM				3.00-7.30		and the same of th	
6:30 AM	Closed				Adult Swim On	I.v.	
6:45 AM	Ciosca			*******	5:00am-11:00a	m	
7:00 AM					Monday - Frida		
7:15 AM					MEnnett in on the	The same of the sa	
7:30 AM					The Control of the Control		
7:45 AM							Please Note:
8:00 AM							Adult Only Swim
8:15 AM							5am-11am M-F
8:30 AM					1		Salli-TTalli Mi-L
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		8:40-9:40	9:00-10:00	8:40-9:40	9:00-10:00		ON DUTY*
9:45 AM	S						Swim at Your Own Risk-
10:00 AM	3		Cardio-Water		Cardio-Water	Aqua-Zumba	*W A T C H YOUR
10:15 AM	U		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	N			**************************************	10.00 11.00	10.00 11.00	
11:00 AM					Tarangar Samungar		CLASSES HAVE
11:15 AM				Adult Swim Only	- Minning		PRIORITY USE
11:30 AM	Α				***************************************		OF POOL
11:45 AM			***************************************	Monday - Friday	Annual Property of the Control of th		No children during classes
12:00 PM	Υ		المنتخفر أ	Monday - Friday)'''''''''''''''''''''''''''''''''''''		
12:15 PM 12:30 PM							Cardio Water
12:30 PM 12:45 PM							Strengthen your core and amp
1:00 PM						***************************************	up your cardiovascular fitness
1:00 PM 1:15 PM	O					Pool Deck	with this high energy yet low
1:30 PM						Cleaning	impact workout!
1:45 PM						(Pool Open)	impact workdat:
2:00 PM	E						De an Water Taning & Condin
2:00 PM						1:00 _{pm} -	Deep Water Toning & Cardio
2:30 PM	N					3:45 _{pm}	Total body conditioning using
2:45 PM						FRIDAYS	noodles, boards, buoys & all
3:00 PM						*pressure	your muscles!
3:15 PM	S					washer in use	
3:30 PM						musici iii use	Synapse Surf
3:45 PM	W						Join the fun balancing on
4:00 PM							noodles, playing with balls and
4:15 PM		Christ School	Christ School	Christ School	Christ School		exercising your brain synapses
4:30 PM	M	Swim Team	Swim Team	Swim Team	Swim Team		as you have a great total body
4:45 PM	IVI						workout.
5:00 PM		3 lap lanes	3 lap lanes	3 lap lanes	3 lap lanes		
5:15 PM		4:00-5:45	4:00-5:45	4:00-5:45	4:00-5:45	Closed	Lap Swim
5:30 PM							All five lanes are set aside for
5:45 PM							lap swim. Please see the Lap
6:00 PM							Swim Etiquette handout for
6:15 PM							· ·
6:30 PM			Cardio-Water		Cardio-Water		how to share lanes. Thank you
6:45 PM			w/Dee		w/Dee		for sharing!
7:00 PM							
7:15 PM	Closed		6:30-7:30		6:30-7:30	Pool Hou	irs of Operations
7:30 PM							9am-5:45 pm
7:45 PM			All	22.0			•
8:00 PM			All Lan	es Open			urs 5am-8:45 pm
0.1E DN/						F:	Fam 2://E nm

7:30-8:45

Fri 5am-3:45 pm Sat CLOSED