



# AQUA SCHEDULE

December 2018

## MONDAY

8:00 a.m.	Aqua Cardio (45)	Jenn	2-3 lanes   Half
9:30 a.m.	Aqua  ZUMBA (45)	Jenn	2-3 lanes   Half
11:45 a.m.	Aqua Cardio (45)	Dalfim	2-3 lanes   Full
4:45 p.m.	Aqua Tabata (45)	Abby	1 lane   Half
6:00 p.m.	Aqua  ZUMBA (45)	Leslie	1 lane   Half

## TUESDAY

10:00 a.m.	Aqua Cardio & Strength (45)	Jeremy	2-3 lanes   Full
5:45 p.m.	Aqua Tabata (45)	Abby	1 lane   Half

New Name

## WEDNESDAY

11:45 a.m.	Aqua Cardio (45)	Dalfim	2-3 lanes   Full
6:00 p.m.	Aqua  ZUMBA (45)	Leslie	1 lane   Half


## THURSDAY

10:00 a.m.	Aqua Tabata (45)	Audra	2-3 lanes   Full
6:00 p.m.	Aqua Tabata (45)	Kathleen	1 lane   Half

## FRIDAY

8:00 a.m.	Aqua  ZUMBA (45)	Jenn	2-3 lanes   Half
9:00 a.m.	Aqua Cardio (45)	Jenn	2-3 lanes   Half
11:45 a.m.	Aqua Cardio (45)	Dalfim	2-3 lanes   Full


## SATURDAY

7:15 a.m.	Beach Ball Party (30)	NA	0 lanes   Half
8:00 a.m.	Aqua Tabata (45)	Kathleen	2-3 lanes   Half
9:00 a.m.	Aqua  ZUMBA (45)	Leslie	1 lane   Half
10 a.m.-1:25 p.m.	Group Swim Lessons*	Various	1-2 lanes   Half
1:30 - 5:00 p.m.	Member/Child Open Swim	N/A	1-2 lanes   All

## SUNDAY

9:00 a.m.	Aqua Tabata (45)	Abby	1-2 lanes   Half
10 a.m.-1:25 p.m.	Group Swim Lessons*	Various	1-2 lanes   Half



\*Group Swim Lesson times are estimates and subject to change as attendance changes. At any time, private lessons are permitted in either pool. Once class begins, no lane dividers should be removed. **Sign-in is required for all group classes** at kiosk near front desk. Please arrive 15 minutes early to class to make time for check-in and class ticket collection. We reserve the right to adapt the schedule at any time. There is limited use of jets in Therapy Pool during swim lessons and classes (use is determined at the discretion of the instructor or life guard).  Classes are flagged to help increase attendance.

**POOLS:** Therapy & Lap Pool depths range from 3'6"-5'0". Lap Pool is 4 lanes, 82°F, 25 yards (72 lengths/36 laps = 1 mile). Therapy Pool is 90°F.