



# MARCH 2023

## Indoor Pool Hours

Monday—Friday 5:00am—8:30pm

Saturday 8:00am—4:30pm

Sunday 1:00pm—4:340pm

## Swim Team Practice—3 Lanes

Mon 4pm—8:30pm

Wed 4:45pm—5:45pm, 7:00 to 8:30pm

Tues, Thurs, Friday 4pm—7:30pm

Sat 8:15am—9:15am

We need lifeguards!

Lifeguard Course

4/3—4/6th

Sign up @Welcome Center

All children 12 and under must be accompanied by an adult

All children under 13 will be required to take a swim test.

Parents are responsible for child's safety.

If a child cannot swim, then the parent MUST stay within arm's reach of the child.

## Aqua Aerobic Class Schedule

Aqua classes are 45 mins

**\*\*During Group Fitness classes, 2 lap lanes will be available**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Aqua mix 9:30AM Wendy</p> <p>Aqua Zumba 10:30AM Viktoria</p>	<p>Aqua Mix 10:30 AM Allison</p>	<p>Aqua Boot Camp 9:30AM Allison</p> <p>Aqua Tabata 6:00PM Christina</p>	<p>Aqua Zumba 9:30 AM Sandee</p> <p>Aqua Mix 10:30 AM Christina</p>	<p>Aqua Zumba 9:30 AM Viktoria</p> <p>Tabata 10:30 AM Allison</p>	<p>Aqua Mix 9:30 AM Christina</p>