



NOVEMBER 2022

Indoor Pool Hours

Monday—Friday 5:00am—8:30pm
 Saturday 8:00am—4:30pm

Swim Team Practice—3 Lanes

Mon 4pm—8:30
 Wed 4:45pm—5:45pm, 7:00 to 8:30pm
 Tues, Thurs, Friday 4pm—7:30pm
 Sat 8:15am—9:15am

**Now hiring
 life guards!
 Fill out an
 Application today!**

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
Aqua mix 9:30AM Carol Aqua Zumba 10:30AM Viktoria	Aqua Mix 10:30 AM Allison	Aqua Boot Camp 9:30AM Carol Aqua Tabata 6:00PM Christina (no class 11/23)	Aqua Zumba 9:30 AM Sandee Aqua Mix 10:30 AM Christina (closed 11/24)	Aqua Zumba 9:30 AM Sandee Tabata 10:30 AM Allison **No classes 11/25	Aqua Mix 9:30 AM Christina (no class 11/26)