



# NOVEMBER 2023

## Pool Hours

Monday—Friday 5:00am—8:30pm

Saturday 8:00am—4:30pm

Sunday 1:00pm—4:340pm

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.

## Swim Teams practice:

Tues– Friday 6:15am to 7:15am

Mon—Friday, 4:00 pm to 8:30pm

No open swim Friday 3:30–4:30pm

\*\*\*1 lap lane available during these times

## Aqua Aerobic Class Schedule

Aqua classes are 45—50 mins

\*\*2 lap lanes available during all classes except

Wed PM—only 1 lap lane available

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Aqua mix 9:30AM Carol</p> <p>Aqua Zumba 10:30AM Viktoria</p>	<p>Aqua Mix 10:30 AM Allison</p>	<p>Aqua Boot Camp 9:30AM Carol</p> <p>Aqua Mix 6:00PM Christina (NO CLASS 11/22)</p>	<p>Aqua Zumba 9:30 AM Sandee</p> <p>Aqua Mix 10:30 AM Christina (NO CLASSES 11/23)</p>	<p>Aqua Zumba 9:30 AM Sandee</p> <p>Aqua Combat 10:30 AM Allison (NO CLASSES 11/24)</p>	<p>Aqua Mix 9:30 AM Christina (NO CLASS 11/25)</p>