



# OCTOBER 2024

## Indoor Pool Hours

Monday—Friday 5:00am—8:30pm

Saturday 8:00am—4:30pm

Sunday 1:00pm—4:30pm

**Please see bulletin board in pool lobby for  
Swim Team practice times.**

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

## Aqua Fitness Class Schedule

Aqua classes are 45—50 mins

**\*\*There will be 1 lap lane available during Aqua Fitness classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua mix 9:30AM Carol	Aqua Mix 10:30 AM Allison	Aqua Boot Camp 9:30AM Carol	Aqua Zumba 9:30 AM Sandee	Aqua Zumba 9:30 AM Sandee	Aqua Mix 9:30 AM Staff
Aqua Zumba 10:30AM Viktoria		Aqua Mix 6:00PM Staff	Aqua Mix 10:30 AM Allison	Aqua Tabata (Combat lastFri of month) 10:30 AM Allison	