

## **OCTOBER 2025**

## **Brad Akins Branch**

## **Pool Hours**

Monday—Friday 5:00am—8:30pm

Saturday 8:00am—4:30pm

Sunday 1:00pm—4:30pm

Swim Teams practice from 5:00pm to 8:30 Monday, Tuesday, Thursday and Friday

\*\*1 lap lane available during swim lessons, swim team practice and aqua fitness classes

## **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<br>9:30AM<br>Carol              |  | Aqua Boot Camp<br>9:30AM<br>Carol     | <b>Aqua Zumba</b><br>9:30AM<br>Sandee    | <b>Aqua Zumba</b><br>9:30AM<br>Sandee | Aqua Mix<br>9:30AM<br>Christina/Missy |
| <b>Aqua Zumba</b><br>10:30AM<br>Viktoria | <b>Aqua Mix</b><br>10:30 AM<br>Christina | <b>Aqua Mix</b><br>10:30AM<br>Allison | <b>Aqua Mix</b><br>10:30 AM<br>Christina | Aqua Mix<br>10:30AM<br>Missy          |                                       |
|  |  | Aqua Mix<br>6:00PM<br>Corissa         |  | *NEW CLASS                            |                                       |
|  |  |                                       |  |                                       |                                       |