



SEPTEMBER 2024

Indoor Pool Hours

Monday—Friday 5:00am—8:30pm

Saturday 8:00am—4:30pm

Sunday 1:00pm—4:30pm

Swim Teams practice:

Mon, Tues, Thurs, Friday, 4:00pm —7:15pm

***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
<p>Aqua mix 9:30AM Carol</p> <p>Aqua Zumba 10:30AM Viktorija</p> <p>CLOSED 9/2 FOR LABOR DAY</p>	<p>Aqua Mix 10:30 AM Allison</p>	<p>Aqua Boot Camp 9:30AM Carol</p> <p>Aqua Mix 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 Sandee</p> <p>Aqua Tabata (Combat last Fri of month) 10:30 AM Allison</p>	<p>Aqua Mix 9:30 AM Christina</p>