



Effective 11/30/18

## Aquatics Group Lesson Schedule - December 2018

Zone	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lanes	8:00am		Aqua Blast ( 2 lanes open )		Aqua Blast ( 2 lanes open )		Swim Team (all lanes)	
	9:00am	Water Aerobics ( 2 lanes open )	Water Aerobics ( 2 lanes open )	Water Aerobics ( 2 lanes open )	Water Aerobics ( 2 lanes open )			
	10:00am	Water Aerobics ( 2 lane open )		Water Aerobics ( 2 lane open )				
	11:00am							
	12:00pm							
	3:00pm							H2Yoga 3:45 (1 Lane open)
	4:00pm							
	5:00pm	Aqua Zumba		Aqua Zumba				
	6:00pm	H2Yoga Water In Motion	Swim Team ( 2 lanes )	Water in Motion	Swim Team ( 2 lanes )			
	7:00pm							
	8:00am		Aqua Blast		Aqua Blast			
	9:00am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		Water In Motion	
	10:00am	Water Aerobics		Water Aerobics				
	11:00am							

Leisure	11:00am							
	12:00pm							
	1:30pm	Aqua Blast		Aqua Blast				
	4:00pm							
	5:00pm 5:30pm	Aqua Zumba		Aqua Zumba				
	6:00pm 6:30pm	Water In Motion		Water in Motion				
	7:00pm							
	Catch Pool	9:00am						
10:00am								
11:00am								
12:00pm								
4:00pm								
5:00pm								
6:00pm								
7:00pm								
Zero Depth	9:00am							
	5:00pm							
	6:00pm							

**Unscheduled times are considered open swim** group lessons occur during these dates only - **Lessons use one lane when held in lap lane**

**Grayed-out times indicate no lap lanes available** September: 9/4 - 9/27

**\* Additional fee class - register online**



