

Aquatics Group Lesson Schedule - July 2019

Zone	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lanes	8:00am	Water Aerobics (2 lanes open)		Water Aerobics (2 lanes open)			Swim Team (all lanes)	
	9:00am		Aqua Zumba (2 lanes open)		Aqua Zumba (2 lanes open)	Aqua Blast (2 lanes open)	Water In Motion (2 lanes open)	
	10:00am							
	11:00am							
	12:00pm							
	3:00pm							H2Yoga 3:45 (1 Lane open)
	4:00pm		Stage 3		Stage 3			
	5:00pm	H2Yoga Aqua Zumba	Stage 3 Stage 4	Aqua Zumba	Stage 3 Stage 4			
	6:00pm	Water In Motion	Swim Team Stage 3 & 4	Water in Motion	Swim Team Stage 3 & 4			
	7:00pm		Stage 3		Stage 3			
Leisure	8:00am	Water Aerobics		Water Aerobics				
	9:00am		Aqua Zumba		Aqua Zumba	Aqua Blast	Water In Motion	
	10:00am							
	11:00am							
	12:00pm	Aqua Blast		Aqua Blast				
	1:00pm							
	4:00pm		Stage 2		Stage 2			
	5:00pm		Stage 2		Stage 2			
	5:30pm	Aqua Zumba	Stage 2	Aqua Zumba	Stage 2			
	6:00pm	Water In Motion	Stage 2	Water in Motion	Stage 2			
6:30pm		Stage 2		Stage 2				
7:00pm		Stage 2		Stage 2				
Catch Pool	9:00am							
	10:00am							
	11:00am							
	12:00pm							
	4:00pm		Stage 1		Stage 1			
	5:00pm		Stage 1		Stage 1			
	6:00pm		Stage 1		Stage 1			
	7:00pm		Stage 1		Stage 1			
Zero Depth	9:00am							
	5:00pm							
	6:00pm							

Unscheduled times are considered open swim

Grayed-out times indicate no lap lanes available

* Additional fee class - register online

Group lessons occur during these dates only - Lessons use one lane when held in lap lanes

June: 6/4 - 6/27

July: 7/2 - 7/30

August: 8/6 - 8/29