



AQUATICS SCHEDULE
Fall 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6a-8a	6a-8a	6a-8a	6a-8a	6a-8a		
Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8a-9a	8-8:45a	8a-9a	8-8:45a	8-8:45a	8a-9a	
Lap Swim	Deep Water Exercise Lap Swim	Lap Swim	Open water exercise Lap swim	Deep Water Exercise Lap Swim	Lap Swim Swim lessons	
9-9:45	9-9:45a	9-9:45a	9-9:45a	9-9:45a	9a-10a	
Open water exercise Lap swim	Shallow Water Ex No Lap Lanes	Deep Water Exercise Lap Swim	Shallow Water Ex No Lap Lanes	Aqua Stretch & Relax No Lap Lanes	Lap Swim Swim lessons	
10-10:45a	10-10:45a	10-10:45a	10-10:45a	10-10:45a	10a-11a	
Deep Water Exercise Lap Swim	Lap Swim Swim lessons	Shallow Water Ex No Lap Lanes	Lap Swim Swim lessons	Shallow Water Ex No Lap Lanes	Lap Swim Swim lessons	
11-11:45a	11-11:45a	11-11:45a	11a-3p	11-11:45a	11a-12:30p	11a-12p
Shallow Water Ex No Lap Lanes	Arthritis Lap swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Swim lessons	Lap Swim
12p-4p	12p-4p	12-4p	3p-4p	12-4p	12:30-2:45p	12p-2:45p
Lap Swim	Lap Swim	Lap Swim	Lap Swim Family Swim	Lap Swim	Lap Swim Family Swim	Lap Swim Family Swim
4p-5p	4p-5p	4-5:45p	4-6p	4-7:30p		
Lap Swim Swim lessons	Lap Swim Swim lessons	Lap Swim /Family Swim/Swim les- sons	Lap Swim	Lap Swim Family Swim		
5-6:45p	5p-6p	5:45-7:30p	6-6:45p			
Lap Swim /Family Swim/Swim les- sons	Lap Swim /Family Swim/Swim les- sons	Lap Swim Swim lessons	Shallow Water Ex No Lap Lanes			
6:45-7:30	6p-7:30p	7:30p-8:30p	7p-8:30p			
Lap Swim Swim lessons	Lap Swim Swim lessons	Lap Swim	Lap Swim Family Swim			
7:30-8:30	7:30-8:30					
Lap Swim Family Swim	Lap Swim Family Swim					