

Aug Sept 2018

Aqua Group Exercise and Swim Schedule

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Lap Pool	Warm Pool	Lap Pool	Warm Pool	Lap Pool	Warm Pool	Lap Pool	Warm Pool	Lap Pool	Warm Pool	Lap Pool	Warm Pool	Lap Pool	Warm Pool	
6:00am-7:00am	Performance Swim				Performance Swim										
7:00am-8:00am				Physical Therapy 7:30am-12:00pm (half of pool)				Physical Therapy 7:30am-12:00pm (half of pool)							
8:00am-9:00am													Aqua Babies	Aqua Zumba 8:15-9:15	
9:00am-10:00am	Performance Swim	Adult Only Use of WWT Pool 9-11am				Performance Swim	Adult Only Use of WWT Pool 9 - 11am					Adult Only Use of WWT Pool 9 - 11am	Aqua Edge		
10:00am-11:00am	Aqua Energy		Aqua Bands, Balls & More		Aqua Burn					Aqua Core Cardio				Please note: There may be private parties scheduled in the Lap Pool and times/dates will be posted. There will be private and semi private swim lessons taking place in the lap pool and/or warm pool at various times. There are no lanes open during Swim Team or Performance Swim. Thank you!	
11:00am-12:00pm	MS Aqua Lap 11:15-12:00	Aqua Tone & Stretch	Kids Grp Swim 11-11:45		MS Aqua Lap 11:15-12:00	Aqua Tone & Stretch	Kids Grp Swim 11-11:45			Aqua Tone & Stretch	Kids Swim Team				
12:00pm-1:00pm		Fibro/Arth Aqua 12:15-1				Fibro/Arth Aqua 12:15-1	Kids Grp Swim 12-12:45								
1:00pm-2:00pm		Physical Therapy 1 - 6pm				Adult Only Use of WWT Pool 1 - 3pm									
2:00pm-3:00pm												Private party time, by appointment only			
3:00pm-4:00pm						Physical Therapy 1-6p				Adult Only Use of WWT Pool 3-5pm			ALL Ages Swim 2pm - 4pm		
4:00pm-5:00pm	Kids Group Swim Lessons 4:45pm - 5:30pm		Kids Group Swim Lessons 4:45pm - 5:30pm		Kids Group Swim Lessons 4:45pm - 5:30pm		Kids Group Swim Lessons 4:45pm - 5:30pm								
5:00pm-6:00pm	Kids Grp Swim 5:30-6:15	Ai Chi 6:30-7:30	Kids Group Swim Lessons 5:30pm - 6:15pm		Kids Group Swim Lessons 5:30pm - 6:15pm		Kids Group Swim Lessons 5:30pm - 6:15pm					Adult Only Use of WWT Pool 4:30 - 6pm	Adult Only Use of WWT Pool 4:30 - 6pm		
6:00pm-7:00pm		Adult Only Use of WWT Pool 6:30-8:30pm	Aqua Burn		Aqua Fusion, NO Excuses			Adult Only Use of WWT Pool 6:30-8:30pm		ALL Ages Swim 5pm - 7pm					
7:00pm-8:00pm															

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