

Time	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY					
	S1	W	S3	D4	D5	D6	S1	W	S3	D4	D5	D6	S1	W	S3	D4	D5	D6	S1	W	S3	D4	D5	D6	S1	W	S3	D4	D5	D6
5:30	Masters Swim												Masters Swim																	
6:00	5:30 - 6:30am												5:30 - 6:30am																	
6:30																														
7:00																														
7:30																														
8:00			Deep Inter.							Cardio Deep						Core Deep						Deep Xtreme						Cardio Circuit		
8:30			8am Andi							8am Debbie						8am Marcia						8am Michelle						8am Andi		
9:00	Water Dance						Noodle Works						Hi/Low H2O						Power Inter.						Aqua Fusion					
9:30	9am Vicky						9am Patrick						9am Tam						9am Vicky						9am Patrick					
10:00					Swim Club\$												\$ Grp PT						\$ Grp PT							
10:30					9:45-10:45												10 -11a													
11:00																												\$ Grp PT		
11:30																												11 - 12a		
12:00					SH.Series																	SWC								
12:30					12 - 1p																	12-12:45								
1:00																	SWC													
1:30																	1-1:45													
2:00																														
2:30																														
3:00																														
3:30																														
4:00	SL						SL					SL						SL												
4:30	SL						SL					SL						SL												
5:00	SL						SL					SL						SL												
5:30	SL						SL					SL						SL												
6:00			Deep Mix												Deep Mix															
6:30			Ann												EmilyAndrea															
7:00					Swim Club\$																									
7:30					7 - 8p																									
8:00																														
8:30																														
9:00																														
9:45	Closes 9:45pm						Closes 9:45pm						Closes 9:45pm						Closes 9:45pm						Closes 8:45pm					

SL Lane is reserved for the EXCLUSIVE use of Swim Lessons

\$ Programs with additional FEE. Pre-registration required

Classes shaded in BLACK are included in the membership

No sign-up necessary.

* Please note that Swim Lessons and Aquatic Personal Training can take place at anytime throughout the day.

CIR From 4-6pm, 7 days per/week one of the deep lanes will be designated as a circle swimming lane.