



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL I AND II SWIM LESSONS AND AQUACISE CLASSES

**September 9<sup>th</sup>-  
October 20<sup>th</sup>  
and  
November 4<sup>th</sup>-  
December 15<sup>th</sup>,  
2019**

Schedule is subject to change

Multiple activities are often scheduled in this pool at the same time.

**Directions:**

Please arrive 10 minutes prior to lesson time to ensure you have time to change.

If anyone in your party is under the age of 18

please use the Girls/Boys Locker Rooms or ask Front Desk for the Family Room Key.

You are welcome to stay in the pool after class if there is Open Swim space. All Non-Swimmers MUST have an adult in the water.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9:00AM-9:45AM <b>Parent and Child Swim Lessons</b>	
						10:00AM-11:00AM <b>Youth Swim Lessons</b>	
	11:15AM-12:00PM <b>Older Adult Aquacise</b>	11:15AM-12:00PM <b>Older Adult Aquacise</b>	11:15AM-12:00PM <b>Older Adult Aquacise</b>	11:15AM-12:00PM <b>Older Adult Aquacise</b>	11:15AM-12:00PM <b>Older Adult Aquacise</b>		11:00AM-12:00PM <b>Teen and Adult Swim Lessons</b>
	4:30PM-5:15PM <b>Parent and Child Swim Lessons</b>	4:00PM-5:00PM <b>Preschool Swim Lessons</b>					
	5:30PM-6:30PM <b>Preschool Swim Lessons</b>	5:00PM-6:00pm <b>Arthritis Aquacise</b>	5:00PM-6:00PM <b>Preschool Swim Lessons</b>	5:15PM-6:00PM <b>Arthritis Aquacise</b>			
		6:00PM-7:00PM <b>Youth Swim Lessons</b>	6:00PM-7:00PM <b>Youth Swim Lessons</b>				
	7:00PM-7:45PM <b>Adult Aquacise Class</b>		7:00PM-7:45PM <b>Adult Aquacise Class</b>				

**Private and Semi-Private Swim Lessons are always available. Contact the Aquatics Director for further information.**

