

## **Aquatics Schedule**

9/11/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am 5:30 6:00am 6:30	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
<b>7:00am</b> 7:30	Aqua Fitness	Addit Lap Swilli	Aqua Fitness	Addit Lap Swilli	Aqua Fitness	Adult Lap Swim	
<b>8:00am</b> 8:30	Adult Lap Swim		Adult Lap Swim		Adult Lap Swim		
<b>9:00am</b> 9:30	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
10:00am 10:30 11:00am 11:30	Adult Lap Swim Split 1 Lane Private Swim	Swim Lessons	Adult Lap Swim	Swim Lessons	Adult Lap Swim	Swim Lessons	· Adult Lap Swim
<b>12:00pm</b> 12:30	Physical Therapy	Physical Therapy		Physical Therapy		Adult Lon Suring	Addit Lap Swilli
<b>1:00pm</b> 1:30	Aqua Fitness		Aqua Fitness		Aqua Fitness	Adult Lap Swim	
2:00pm 2:30 3:00pm	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	· Adult Lap Swim	Family Swim \$5 Community Swim	Family Swim \$5 Community Swim
3:30 <b>4:00pm</b> 4:30	Swim Lessons	Swim Lessons Family Swim	Swim Lessons	Swim Lessons	riddic Edp Swiiii		CLOSED
5:00pm 5:30					Family Swim	CLOSED	f
6:00pm 6:30 7:00pm				Family Swim	\$5 Community Swim  CLOSED		
7:30 8:00pm	Adult Lap Swim		Adult Lap Swim				
8:45		Adult Lap Swim		Adult Lap Swim	sacfitlife.com		

Must be 16 or older to use the pool during Adult "Lap Swim" times.