

Water Aerobic Schedule

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>			<u>Thursday</u>			<u>Friday</u>	<u>Saturday</u>			
WATER AEROBICS 8:30 am - 60 min Lillie	WATER AEROBICS 9:00 am - 60 min Freddy	WATER AEROBICS 8:30 am - 60 min Helena	WATER AEROBICS 9:30 am - 60 min Helena			WATER AEROBICS 9:00 am - 60 min Liz			WATER AEROBICS 8:30 am - 60 min Elaine	WATER AEROBICS 9 am - 60 min Jocelyn		
WATER AEROBICS 9:30 am - 60 min Lillie	WATER AEROBICS 6:00 pm - 60 min Ciara Lap lane(s) open	WATER AEROBICS 9:30 am - 60 min Helena			WATER AEROBICS 6 pm - 60 min Ciara Lap lane(s) open			COOL COMBOS 12:45 pm - 60 min Lap lane(s) open	COOL COMBOS 12:45 pm - 60 min Lap lane(s) open			
COOL COMBOS 12:45 pm - 60 min Mercedes Lap lane(s) open		COOL COMBOS 12:45 pm - 60 min Elaine Lap lane(s) open						WATER AEROBICS 6 pm - 60 min Freddy Lap lane(s) open				
WATER AEROBICS 6 pm - 60 min Patty Lap lane(s) open												

Family Life Center Hours
 Monday - Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Sat 8:30am - 5pm

FLC Desk: 404.231.0375

**Instructors are subject to change without notice.

Please Note:
 CRI = Classroom #1

*No lap swimming during classes except where indicated.

***Please Note:** Only the (2) lap lanes will remain open to FLC members and guests during scheduled Dynamo Swim lesson held on Tuesdays, Thursdays and Saturdays. Please inquiry at the front desk for more information on available "open swim" days & times.



Private Swim Instructors

Try one of our certified swim instructors. Instructors are available to teach private or semi-private lessons.

Samy Naguib: 404-266-8111
Ciara Simone: 404-454-7869

For more information about private swim lessons and available instructors please inquire at our Reception Desk.