

Aqua Fitness & Open Swim Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>Open Swim Lap Lane(s) open 5:30am - 8:30am</p> <p>Aqua Cardio 8:30am – 60min Jamal</p> <p>Aqua Cardio 9:30am – 60min Jamal</p> <p>Open Swim Lap Lane(s) open 10:30am - 12:15pm</p> <p>Aqua Stretch 12:15pm - 60min Shine Lap Lane(s) open</p> <p>Open Swim Lap Lane(s) open 1:15pm - 8:45pm</p>	<p>Open Swim Lap Lane(s) open 5:30am - 9:00am</p> <p>Aqua Cardio 9:10am - 60min Jamal</p> <p>Dynamo Classes 10:30am - 12:00pm Only 2 Lap Lanes open</p> <p>Open Swim Lap Lane(s) open 12:00pm - 1:45pm</p> <p>Dynamo Classes 1:45pm - 6:00pm Only 2 Lap Lanes open</p> <p>Open Swim Lap Lane(s) open 6:00pm - 8:45pm</p>	<p>Open Swim Lap Lane(s) open 5:30am - 8:30am</p> <p>Aqua Fit & Tone 8:30am – 60min Beverly</p> <p>Aqua Yoga 9:30am - 60min Trish</p> <p>Open Swim Lap Lane(s) open 10:30am - 12:45pm</p> <p>Aquatic Gentle Joints 12:45pm - 60min Susan Lap Lane(s) open</p> <p>Open Swim Lap Lane(s) open 1:45pm - 8:45pm</p>	<p>Open Swim Lap Lane(s) open 5:30am - 9:00am</p> <p>Aqua Fit & Tone 9:00am- 60min Trish</p> <p>Dynamo Classes 10:30am - 12:00pm Only 2 Lap Lanes open</p> <p>Open Swim Lap Lane(s) open 12:00pm - 1:45pm</p> <p>Dynamo Classes 1:45pm - 6:00pm Only 2 Lap Lanes open</p> <p>Open Swim Lap Lane(s) open 6:00pm - 8:45pm</p>	<p>Open Swim Lap Lane(s) open 5:30am - 8:30am</p> <p>Aqua Fit & Tone 8:30am – 60min Shine</p> <p>Open Swim Lap Lane(s) open 9:30am - 12:45pm</p> <p>Aquatic Gentle Joints 12:45pm - 60min Susan Lap Lane(s) open</p> <p>Open Swim Lap Lane(s) open 1:45pm - 7:45pm</p>	<p>Open Swim Lap Lane(s) open 8:00am - 9:00am</p> <p>Aqua Fit & Tone 9:00 am- 60min Shine Lap lane(s) open</p> <p>Dynamo Classes 10:00am - 1:30pm Only 2 Lap Lanes open</p> <p>Open Swim Lap Lane(s) open 1:30pm - 4:45pm</p>



**Instructors are subject to change without notice.

Family Life Center Hours
 Monday - Thursday 5:30am - 9:00pm
 Friday 5:30am - 8:00pm
 Saturday 8:00am - 5:00pm
 Sunday 2:00pm - 6:00pm

FLC Desk: 404-591-4379

Important Information! *Please Note: “Lap Lanes” are available for “ADULT” swimming only. “Open Swim” time is for families with children - Children are only allowed in the pool during “Open Swim” (unless for swim lessons)

***Sunday’s “Open Swim” from 2:00pm - 5:45pm**