

Lap Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of April 2024

MONDAY	♪ 9:00 - 9:45AM ♪ 10:00 - 10:45 ♪ 1:00 - 1:45	Anything Goes Deeply Fit Afternoon Walk	Darlene S. Darlene S. Pam W.
TUESDAY	♪ 9:00 - 9:45AM ♪ 10:00 - 10:45 ♪ 2:45 - 3:45 ♪ 6:30 - 7:15	Aqua Cardio Fun Pool Pyramid Aqua Neuro Boot Camp	Laura W. Tara S. Darlene S. Jen T.
WEDNESDAY	♪ 9:00 - 9:45AM 10:00 - 10:45 1:00 - 1:45	Hump Day Workout Deep Water Transitions Afternoon Delight	Darlene S. Linda C. Pam W.
THURSDAY	♪ 9:00 - 9:45AM ♪ 10:00 - 10:45 ♪ 6:00 - 6:45	Aqua Cardio Fun Anything Goes Anything Goes	Laura W. Tara S. Michael H./Kim D.
FRIDAY	♪ 9:00 - 9:45AM ♪ 9:50 - 10:10 ♪ 10:15 - 11:00 6:00 - 7:30	Aqua Fitness starts Aqua Noodle HIIT * Family Swim Night	Theresa M. Theresa M. Debbie H. Every 4 th Fri.
SATURDAY	♪ 9:00 - 9:45AM ♪ 9:45 - 10:30 ♪ 12:00 - 1:00	Boot Camp Get Pumped Aqua Neuro	Kim D. / Jen T. Kim D./ Jen T. Linda C./Pam W.
SUNDAY	9:45 - 11:15AM ♪ 11:00 - 11:45AM 1:00 - 2:00PM	**Adult Swim Lessons Aqua Motion **Children's Swim Lessons	Theresa M. Kim D./ Jen T. Theresa M.

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

LANE LINES WILL BE REMOVED 5 MINUTES PRIOR TO THE START OF A GROUP CLASS.

♪ Music will be played during these classes. Pools are located in a shared aquatic area.

* Family Swim Night is held on the 4th Friday of each month in the shared aquatic area. See flyer for details.

**Swim Lessons February 18, 25, March 3, 10, 17, 2024. See flyer for details.

FOR DAILY CLASS CHANGES OR SUBSTITUTE INSTRUCTORS, PLEASE VISIT OUR WEBSITE, BAPTISTMILESTONE.COM.

