

Lap Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of February 2024

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

