

Lap Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of February 2025

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	Cardio Fun Pool Pyramid 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./Debra H. Linda C. Pam W.
THURSDAY	♪ 9:00 - 9:45AM ♪ 10:00 - 10:45 ♪ 6:00 - 6:45	Cardio Fun Anything Goes Anything Goes	Laura W. Tara S. Kim D./Beth K.
FRIDAY	♪ 9:00 - 9:45AM ♪ 9:50 - 10:10 ♪ 10:15 - 11:00 6:00 - 7:30	FITness Noodle HIIT Family Swim Night* (4 th Friday each month)	Theresa M. Theresa M. Debbie H.
SATURDAY	♪ 9:00 - 9:45AM ♪ 9:45 - 10:30 ♪ 12:00 - 1:00	Boot Camp Get Pumped Neuro	Kim D. / Jen T. Kim D./ Jen T. Linda C./Darlene S.
SUNDAY	9:00 - 11:10AM ♪ 11:00 - 11:45 1:05 - 2:05	Adult Swim Lessons** 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.

* See monthly Events Calendar for details.

** See Swim Lesson flyer for details.

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

