

Lap Pool Class Schedule

Multi-Purpose Pool

Schedule Effective as of November 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	Cardio Fun	Laura W.
	🎵 10:00 - 10:45	Pool Pyramid	Tara S.
	🎵 2:45 - 3:45	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	Cardio Fun	Laura W.
	🎵 10:00 - 10:45	Anything Goes	Tara S.
	🎵 6:00 - 6:45	Anything Goes	Kim D./Beth K.
FRIDAY	🎵 9:00 - 9:45AM	FITness	Theresa M.
	🎵 9:50 - 10:10	Noodle	Theresa M.
	🎵 10:15 - 11:00	HIIT	Debbie H.
	6:00 - 7:30	Family Swim Night* (4 th Friday each month)	
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	Neuro	Linda C./Pam W.
SUNDAY	9:00 - 11:10AM	Adult Swim Lessons**	Theresa M.
	🎵 11:00 - 11:45	Motion	Kim D./ Jen T.
	1:05 - 2:05	Preschool Swim Lessons**	Theresa M.
	4:00 - 5:00	Swim Stroke Technique Clinic***	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.

** Group Swim Lessons October 27, November 3, 10, 17 & 24.

*** Swim Stroke Technique Clinic October 27.

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

