

Natatorium Schedule – May 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
7:15AM		Swim Training: Level 1		Swim Training: Level 1	
9:30AM	WATER AEROBICS		WATER AEROBICS		
10:00AM		Interemediate I		Intermediate I	
11:15AM	Swim Conditioning	AQUA BELLS	Lanes will be changed @10:30am. You may be asked to move or to stop your workout momentarily. Water Sports Scheduled for May 2 nd , 9 th , 23 rd & 30 th (limited lanes available)		Swim Conditioning
12:15PM	WATER WALK & TONE			POOL PLYOMETRICS	
1:00PM		Beginner II		Beginner II	
2:00PM	POOL CLOSED for Maintenance 2:00-3:00PM				
3:00PM					
4:30PM		Beginner I		Beginner I	
5:30pm	WATER AEROBICS	WATER AEROBICS	AQUA KICKBOXING		

**Family Swim 1st & 3rd (May 6th & 20th)
Sunday Each Month 3:30-5:30pm**