

Aquatics Program Schedule

(Revised 9/5/17)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--------------------------------|-----------------------------------|--------------------------------|-----------------------------------|---------------------------|----------------------------------|
| 6:30 a.m. | | | | | | |
| 8:00 a.m. | | | | | | Master Swim (Donn, 8:05-9:15) |
| 8:30 a.m. | | | | | | |
| 9:30 a.m. | *Aqua Zumba (Wendy) | Water Fitness (Jadene) | *Aqua Zumba (Kathy D.) | Water Fitness (Jadene) | *Aqua Zumba (Kathy D.) | Water Fitness (Kathy Smead) |
| 11:30 a.m. | | Master Swim (Donn, 11:30-1:00) | | Master Swim (Donn, 11:30-1:00) | | |
| 1:00 p.m. | | | | | | Family Swim (1:00 - 5:45) |
| 3:30 p.m. | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | |
| 5:30 p.m. | **Stroke Improvement (Donn) | | **Stroke Improvement (Donn) | | | |
| 6:30 - 7:30 p.m. | | Pool Taken (lanes 1&2) | | Pool Taken (lanes 1&2) | | |

- **Note:** All classes on this schedule are free with your membership.
- **Family swim** time is 3:30 - 5:30 pm weekdays, 1:00 - 5:45 pm on Saturday, and 12:00 - 3:45 pm on Sunday. A parent or guardian must be present with all kids under 14 while they are in the pool. Children under 14 are not allowed in the pool except during these times, except with special permission. These rules are strictly enforced.
- **Swim lessons** can be scheduled by calling Kathy Smead at 406-270-5657.
- Part of lane 1 or 2 will be occupied during swim lessons.
- * Aqua Zumba classes are Endorsed by Silver&Fit®
- ** Must be able to swim 2 lengths of the pool.