

WOMEN'S AQUATICS PROGRAM

November 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM
Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM
Aqua Power 9:00 AM Maricel	Aqua Tabata 9:00 AM Maricel	Aqua Games 9:00 AM Anna	Aqua Interval 9:00 AM Maricel	Aqua Gym 9:00 AM Anna	Aqua Tabata 9:00 AM Anna
Open Swim 9:00 AM	Swim Squad 9:00 AM Suman / Alena	Open Swim 9:00 AM	Open Swim 9:00 AM	Stroke Development 9:00 AM Suman / Alena	Open Swim 9:00 AM
Open Swim 10:00 AM	Open Swim 9:00 AM	Aqua Whole Body 10:00 AM Celina / Alena	Open Swim 10:00 AM	Open Swim 9:00 AM	Aqua Kickboxing 10:00 AM Celina / Alena
Open Swim 11:00 AM	Aqua Noodle Action 10:00 AM Suman / Alena	Open Swim 10:00 AM	Open Swim 11:00 AM	Aqua Run & Jump 10:00 AM Suman / Alena	Open Swim 10:00 AM
Open Swim 12:00 PM	Open Swim 10:00 AM	Open Swim 11:00 AM	Open Swim 12:00 PM	Open Swim 10:00 AM	Open Swim 11:00 AM
Open Swim 1:00 PM	Open Swim 11:00 AM	Open Swim 12:00 PM	Open Swim 1:00 PM	Open Swim 11:00 AM	Open Swim 12:00 PM
Open Swim 2:00 PM	Open Swim 12:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM	Open Swim 12:00 PM	Open Swim 1:00 PM
Open Swim 3:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM
Open Swim 4:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM	Open Swim 4:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM
Aqua Power 5:00 PM Suman / Alena	Open Swim 3:00 PM	Open Swim 4:00 PM	Aqua Interval 5:00 PM Anna	Open Swim 3:00 PM	Open Swim 4:00 PM
Open Swim 5:00 PM	Open Swim 4:00 PM	Open Class / 19 Nov Aqua Whole Body 5:00 PM Celina / Alena / Anna	Open Swim 5:00 PM	Open Swim 4:00 PM	Aqua Tabata 5:00 PM Maricel
Open Swim 6:00 PM	Aqua Tabata 5:00 PM Anna	Open Swim 5:00 PM	Open Swim 6:00 PM	Aqua Gym 5:00 PM Maricel	Open Swim 5:00 PM
Open Swim 7:00 PM	Swim Squad 5:00 PM Celina / Alena	Aqua Games 6:00 PM Suman / Alena	Open Swim 7:00 PM	Stroke Development 5:00 PM Celina / Alena	Aqua Kickboxing 6:00 PM Suman / Alena
	Open Swim 5:00 PM	Open Swim 6:00 PM		Open Swim 5:00 PM	Open Swim 6:00 PM
	Aqua Noodle Action 6:00 PM Celina / Alena	Open Swim 7:00 PM		Aqua Run & Jump 6:00 PM Celina / Alena	Open Swim 7:00 PM
	Open Swim 6:00 PM			Open Swim 6:00 PM	
	Open Swim 7:00 PM			Open Swim 7:00 PM	