

WOMEN'S AQUATICS PROGRAM

April 2019

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 Interval 9:00 AM Anna	Aqua Tabata 9:00 AM Elena	Early Rise Aqua 8:00 AM Elena	Muscular Conditioning Workout 9:00 AM Anna	Water in Motion 9:00 AM Elena	Early Rise Aqua 8:00 AM Elena
Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM
Open Swim 10:00 AM	Swim Squad 9:00 AM Celina	Aqua Power 9:00 AM Suman	Open Swim 10:00 AM	Swim Squad 9:00 AM Celina	Aqua Whole Body 9:00 AM Suman
Open Swim 11:00 AM	Open Swim 10:00 AM	Open Swim 10:00 AM	Open Swim 11:00 AM	Open Swim 10:00 AM	Open Swim 10:00 AM
Open Swim 12:00 PM	Aqua Noodle Action 10:00 AM Celina	Open Swim 11:00 AM	Open Swim 12:00 PM	Aqua Gym 10:00 AM Celina	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
Open Swim 5:00 PM	Open Swim 3:00 PM	Open Swim 4:00 PM	Open Swim 5:00 PM	Open Swim 3:00 PM	Open Swim 4:00 PM
Aqua Interval 5:00 PM Celina	Open Swim 4:00 PM	Aqua Power 5:00 PM Suman	Muscular Conditioning Workout 5:00 PM Suman	Open Swim 4:00 PM	Aqua Whole Body 5:00 PM Celina
Stroke Development 5:00 PM Suman	Open Swim 5:00 PM	Open Swim 5:00 PM	Stroke Development 5:00 PM Celina	Open Swim 5:00 PM	Open Swim 5:00 PM
Open Swim 6:00 PM	Aqua Tabata 5:00 PM Anna	Aqua Games 6:00 PM Celina	Open Swim 6:00 PM	Open Class / 03 April Water in Motion 5:00 PM Anna	Aqua Tabata 6:00 PM Anna
Open Swim 7:00 PM	Swim Squad 5:00 PM Elena	Open Swim 6:00 PM	Open Swim 7:00 PM	Swim Squad 5:00 PM Elena	Open Swim 6:00 PM
	Open Swim 6:00 PM	Open Swim 7:00 PM		Open Swim 6:00 PM	Open Swim 7:00 PM
	Aqua Noodle Action 6:00 PM Elena			Aqua Gym 6:00 PM Elena	
	Open Swim 7:00 PM			Open Swim 7:00 PM	