

APRIL 2019

LARGE POOL SCHEDULE OF EVENTS



Avifa Bay
ATHLETIC CLUB & SPA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:15-12:15 Aqua 1:00-2:30 Mermaid U. 3:30-5:30 Swim Team	2 9-10:15 Group Swim 11:15-12:15 Aqua	3 11:15-12:15 Aqua 1:00-2:30 Mermaid U. 3:30-5:30 Swim Team	4 9-10:15 Group Swim 11:15-12:15 Aqua	5 11:15-12:15 Aqua 1:00-2:30 Mermaid U. 3:30-5:30 Swim Team	6
7	8 11:15-12:15 Aqua 3:30-5:30 Swim Team	9 9-10:15 Group Swim 11:15-12:15 Aqua	10 11:15-12:15 Aqua 3:30-5:30 Swim Team	11 9-10:15 Group Swim 11:15-12:15 Aqua	12 11:15-12:15 Aqua 3:30-5:30 Swim Team	13
14	15 11:15-12:15 Aqua 3:30-5:30 Swim Team	16 9-10:15 Group Swim 11:15-12:15 Aqua	17 11:15-12:15 Aqua 3:30-5:30 Swim Team	18 9-10:15 Group Swim 11:15-12:15 Aqua	19 11:15-12:15 Aqua 3:30-5:30 Swim Team	20
21	22 11:15-12:15 Aqua 1:00-2:30 Mermaid U. 3:30-5:30 Swim Team	23 9-10:15 Group Swim 11:15-12:15 Aqua 3:45-5:15: Junior Guard Camp	24 11:15-12:15 Aqua 1:00-2:30 Mermaid U. 3:30-5:30 Swim Team	25 9-10:15 Group Swim 11:15-12:15 Aqua 3:45-5:15: Junior Guard Camp	26 11:15-12:15 Aqua 1:00-2:30 Mermaid U. 3:30-5:30 Swim Team	27 9:00 – 12:00 Junior Guard Camp
28	29 11:15-12:15 Aqua 3:30-5:30 Swim Team	30 9-10:15 Group Swim 11:15-12:15 Aqua 3:45-5:15: Junior Guard Camp				

Events in black are regularly scheduled events.

Events in red are special events.

Aqua

A 1-hour fun, safe, and effective way to improve cardiovascular health, strength and endurance. A great low-impact workout! Available to all members.

Group Swim

1-hour coached workouts of roughly 2000 yards. A fun way to stay motivated and push you to your next level. Available to all members.

Swim Team

For kids 5 years to teens. Year-round swimming with an emphasis on technique and competition. Available to non-members and members. (Fees to participate)

Mermaid University

A fun aquatic experience for kids! Lots of underwater games and play with mermaid and orca tails on!

Junior Guard Camp

Get your kids ready for the Junior Guards programs at our local beaches. Basic lifeguarding skills and lots of physical activity.