

FEBRUARY 2019

LARGE POOL SCHEDULE OF EVENTS



Avifa Bay
ATHLETIC CLUB & SPA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:15-12:15 Aqua 3:30-5:30 Swim Team	2
3	4 9-2: Lifeguard Training (intermittently) 11:15-12:15 Aqua 3:30-5:30 Swim Team	5 9-10:15 Group Swim 11:15-12:15 Aqua	6 11:15-12:15 Aqua 3:30-5:30 Swim Team	7 9-10:15 Group Swim 11:15-12:15 Aqua	8 11:15-12:15 Aqua 3:30-5:30 Swim Team	9
10	11 11:15-12:15 Aqua 3:30-5:30 Swim Team	12 9-10:15 Group Swim 11:15-12:15 Aqua	13 11:15-12:15 Aqua 3:30-5:30 Swim Team	14 9-10:15 Group Swim 11:15-12:15 Aqua	15 11:15-12:15 Aqua 3:30-5:30 Swim Team	16
17	18 11:15-12:15 Aqua 3:30-5:30 Swim Team	19 9-10:15 Group Swim 11:15-12:15 Aqua	20 11:15-12:15 Aqua 3:30-5:30 Swim Team	21 9-10:15 Group Swim 11:15-12:15 Aqua	22 11:15-12:15 Aqua 3:30-5:30 Swim Team 1-6: Lifeguard Training (intermittent)	23 9-6: Lifeguard Training (intermittent)
24 9-6: Lifeguard Training (intermittent)	25 11:15-12:15 Aqua 3:30-5:30 Swim Team	26 9-10:15 Group Swim 11:15-12:15 Aqua	27 11:15-12:15 Aqua 3:30-5:30 Swim Team	28 9-10:15 Group Swim 11:15-12:15 Aqua		

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)