

# DECEMBER 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 11:15-12:15 Aqua 3:30-5:30 Swim Team	3 9-10:15 Group Swim 11:15-12:15 Aqua	4 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
8 11:15-12:15 Aqua 3:30-5:30 Swim Team	9 11:15-12:15 Aqua 3:30-5:30 Swim Team	10 9-10:15 Group Swim 11:15-12:15 Aqua	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
15 11:15-12:15 Aqua 3:30-5:30 Swim Team	16 11:15-12:15 Aqua 3:30-5:30 Swim Team	17 9-10:15 Group Swim 11:15-12:15 Aqua	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
22 11:15-12:15 Aqua 3:30-5:30 Swim Team <i>Happy Hanukkah</i>	23 11:15-12:15 Aqua 3:30-5:30 Swim Team	24 9-10:15 Group Swim 11:15-12:15 Aqua	25 	26 9-10:15 Group Swim 11:15-12:15 Aqua	27 11:15-12:15 Aqua 3:30-5:30 Swim Team	28
29 11:15-12:15 Aqua 3:30-5:30 Swim Team	30 11:15-12:15 Aqua 3:30-5:30 Swim Team	31 9-10:15 Group Swim 11:15-12:15 Aqua				

### Aqua

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

### Group Swim

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

### 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)

### POOL ETIQUETTE REMINDERS

- All swim lanes are shared. Please be courteous and split lanes or circle swim when necessary.
- Make sure no one else is waiting for a lane before you enter.
- Please enjoy food and drinks outside of hot tubs and spas.
- Remove and discard Band-aids before swimming.
- No glass on pool deck.
- Children under 14 must be directly supervised by parent or guardian.