

AUGUST 2019

LARGE POOL SCHEDULE OF EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00-11:30 Lessons 9-10:15 Grp Swim 11:15-12:15 Aqua 2:00-3:00 Camp 4:30-7:00 Lessons	2 11:15-12:15 Aqua 2:00-3:00 Camp 3:30-5:30 Swim Team	3
4	5 9:00-11:30 Lessons 11:15-12:15 Aqua 2:00-3:00 Camp 3:30-7:00 Swim Team/Lessons	6 9:00-11:30 Lessons 9-10:15 Group Swim 11:15-12:15 Aqua 2:00-3:00 Camp 4:30-7:00 Lessons	7 9:00-11:30 Lessons 11:15-12:15 Aqua 2:00-3:00 Camp 3:30-7:00 Swim Team/Lessons	8 9:00-11:30 Lessons 9-10:15 Group Swim 11:15-12:15 Aqua 2:00-3:00 Camp 4:30-7:00 Lessons	9 11:15-12:15 Aqua 2:00-3:00 Camp 3:30-5:30 Swim Team	10
11	12 11:15-12:15 Aqua 3:30-5:30 Swim Team	13 9-10:15 Group Swim 11:15-12:15 Aqua	14 11:15-12:15 Aqua 3:30-5:30 Swim Team	15 9-10:15 Group Swim 11:15-12:15 Aqua	16 11:15-12:15 Aqua 3:30-5:30 Swim Team	17
18	19 11:15-12:15 Aqua 3:30-5:30 Swim Team	20 9-10:15 Group Swim 11:15-12:15 Aqua	21 11:15-12:15 Aqua 3:30-5:30 Swim Team	22 9-10:15 Group Swim 11:15-12:15 Aqua	23 11:15-12:15 Aqua 3:30-5:30 Swim Team	24
25	26 11:15-12:15 Aqua 3:30-5:30 Swim Team	27 9-10:15 Group Swim 11:15-12:15 Aqua	28 10:15-11:15 Stroke Workshop 11:15-12:15 Aqua 3:30-5:30 Swim Team	29 9-10:15 Group Swim 11:15-12:15 Aqua	30 11:15-12:15 Aqua	31

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)

Lessons

Group lessons for kids may use lane in large pool when necessary.

Camp

Our Summer Blast offers kids swimming, tennis, crafts, and more!

Stroke Workshop

1-Hour tips and technique on Backstroke! Learn for the first time or improve your skills. Contact Mitch to sign up.

Events in black are regularly scheduled events.

Events in red are special events.