



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATIC SCHEDULE

## EAST BELLEVILLE CENTER

Winter Session: January 2 – February 19, 2012

Water Exercise Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	7:40-8:25AM Water Walking	7:40-8:25AM Aquacise	8:15-9:10AM Water Walking	7:40-8:25AM Aquacise	7:40-8:25AM Water Walking	8:00-8:55AM Aqua Aerobics		
	8:30-9:15AM Aquacise	8:30-9:15AM Bobbars	8:30-9:15AM Aquacise	8:30-9:15AM Bobbars	8:30-9:15AM Aquacise			
	9:20-10:05AM Deep Water	9:20-10:05AM Deep Water	9:20-10:05AM Deep Water	9:20-10:05AM Deep Water	9:20-10:05AM Deep Water			
	10:10-10:55AM Water Arthritis	10:10-10:55AM Water Arthritis	10:10-10:55AM Water Arthritis	10:10-10:55AM Water Arthritis	10:10-10:55AM Water Arthritis			
		6:00-6:45PM Aqua Natal (Deep)		6:00-6:45PM Deep Water				
		7:15-8:15 Aqua Aerobics & Deep Water		7:15-8:15 Aqua Aerobics				

Open Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1:00-4:00PM	1:00-5:00PM	1:00-4:00PM	1:00-5:00PM	1:00-4:00PM	1:00-5:45PM	2:45-5:45PM
	9:00-9:45PM	8:15-9:45PM	9:00-9:45PM	8:15-9:45PM	7:30-8:45PM		

Lap Swim	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-7:30AM 4-6* lanes available	5:00-7:30AM 6 lanes available	5:00-7:30AM 4-6* lanes available	5:00-7:30AM 6 lanes available	5:00-7:30AM 4-6* lanes available	6:00-8:00AM 5-6* lanes available	12:00-1:15PM 6 lanes available
	7:30-11:00AM 1 lane available	7:30-11:00AM 1-2* lane available	7:30-11:00AM 1-2* lane available	7:30-11:00AM 1-2* lanes available	7:30-11:00AM 1 lanes available	8:00-9:00AM 1-2* lanes available	1:15-5:45PM 2-3* lanes available
	11:00-11:45PM 3 lanes available	11:00-11:45PM 3 lanes available	11:00-11:45PM 3 lanes available	11:00-11:45PM 3 lanes available	11:00-11:45PM 3 lanes available	9:00-12:00PM <b>NO LANES</b>	
	11:45-1:00PM 6 lanes available	11:45-1:00PM 6 lanes available	11:45-1:00PM 6 lanes available	11:45-1:00PM 6 lanes available	11:45-1:00PM 6 lanes available	12:00-1:00 3 lanes available	
	1:00-4:00PM 3 lane available	1:00-4:00 2-3* lanes available	1:00-4:00PM 3 lane available	1:00-4:00PM 2-3* lanes available	1:00-4:00 3 lanes available	1:00-5:45PM 3 lanes available	
	4:00-9:00PM <b>NO LANES</b>	4:00-8:15PM 1 lane available	4:00-9:00PM <b>NO LANES</b>	4:00-8:15PM 1 lane available	4:00-7:30PM <b>NO LANES</b>		
	9:00-9:45PM 3 lanes available	8:15-9:45PM 3 lanes available	9:00-9:45PM 3 lanes available	8:15-9:45PM 3 lanes available	7:30-8:45PM 3 lanes available		

Please note: Lap swim lanes may be reduced to fewer lanes than posted above without advanced notice and you may have to share a lane.  
\*This means that we will have the smaller number available and will try to make the larger number available whenever possible.