



AQUATICS

CLASS SCHEDULE

Admiral Prout Pool

TUESDAYS	0930-1030	WATER AEROBICS	LOW IMPACT HIIT WORKOUT FOR ALL SKILL LEVELS!
	1300-1345	SECOND CLASS SWIM PREP	PREP FOR YOUR 2ND CLASS SWIM QUALIFICATION. ALL LEVELS ARE WELCOMED.
THURSDAYS	1300-1345	ACTIVE DUTY SWIM LESSON	ADULT LEARN TO SWIM LESSONS. ALL BEGINNING LEVELS WELCOME!
SATURDAYS	1000-1100	TECHNIQUE ENHANCEMENT SWIM CLASS	FOCUS ON REFINING TECHNIQUE THROUGH SWIM SETS AND SKILL DEVELOPMENT.
SUNDAYS	1200-1300	SECOND CLASS SWIM PREP	PREP FOR YOUR 2ND CLASS SWIM QUALIFICATION. ALL LEVELS ARE WELCOMED.

FOR MORE INFORMATION, CALL (619) 520-3048

