

A swimmer in a blue cap and goggles is swimming underwater, with their arms extended forward. The water is clear blue with some bubbles and light reflections.

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 ENHANCE- MENT 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

