

Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
7:00 AM					Men's Water Polo 7:30-8:30am	SPECIAL EVENTS: -Meet AO at the Pool 8/24 5-7pm
8:00AM					(6 lanes)	-WREC 'N Wild 8/25 1-5pm -Swim in Movie
9:00 AM						9/14 7:30-9:30pm -Glowa-POOL-ooza 10/12 7-9pm
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM			Log Rolling			
3:00 PM		SUP Pilates 3:00-3:30pm (Shallow End)	2:00-4:00pm (Shallow End)	SUP Yoga 3:00-3:30pm (Shallow End)	Slackline 3:00-5:00pm	
4:00 PM		Swim Lesson 4:00-4:45pm		Swim Lesson 4:00-4:45pm	(3 Lanes)	
5:00 PM	Swim Fit 5:00 - 6:00pm	Swim Fit Kayak 5:00 - Rolling 6:00pm 5:00-	Swim Fit 5:00 - 6:00pm	Swim Fit Kayak 5:00 - Rolling 6:00pm 5:00-		
6:00 PM	Women's Water Polo 6:00pm-7:30pm	7:00pm 6:00pm- 7:00pm (Shallow (4 lanes) End)	Women's Water Polo 6:00pm-7:30pm	7:00pm (Shallow End)		
7:00 PM	(6 lanes)	Men's Swim Water Lesson Polo 7-7:45pm	(6 lanes)	Swim Lesson 7-7:45pm		
8:00PM	Men's Water Polo 7:30-9:30pm	7:00pm- 8:30pm (6 lanes)	Men's Water Polo 7:30-9:30pm	Water Polo 7:30pm-		
9:00 PM	(6 lanes)		(6 lanes)	9:30pm (6 lanes)		Registration Required
						Drop-In Program
10:00 PM						Sport Club Practice
						Effective: 8/21/23