

# MAY AQUATICS CLASS SCHEDULE

## Monday

|                     |                                |               |             |            |
|---------------------|--------------------------------|---------------|-------------|------------|
| 6 to 6:55 a.m.      | SwimFit Endurance Fitness Swim | Charlie Fry   | Sports Pool | Lanes 1-6  |
| 9 to 9:55 a.m.      | SwimFit Fired Up               | Charlie Fry   | Sports Pool | Lanes 1-6  |
| 9:30 to 10 a.m.     | WaterFitness Water Walk        | Mary Hodge    | Resort Pool |            |
| 10:15 to 11:10 a.m. | WaterFitness Deep Water        | Mary Hodge    | Sports Pool | Lanes 7-10 |
| 11:20 to 11:50 a.m. | Water Fitness S-T-R-E-T-C-H    | Mary Hodge    | Garden Pool |            |
| Noon to 12:55 p.m.  | SwimFit Circuit Swim           | Kalvin Spells | Sports Pool | Lanes 1-6  |
| 4 to 6:15 p.m.      | BlueFins Swim Team             | Kalvin Spells | Sports Pool | Lanes 1-6  |

## Tuesday

|                   |                       |                 |             |            |
|-------------------|-----------------------|-----------------|-------------|------------|
| 6 to 6:55 a.m.    | SwimFit Swimtensity   | Charlie Fry     | Sports Pool | Lanes 1-6  |
| 9 to 9:55 a.m.    | SwimFit Fired-Up      | Charlie Fry     | Sports Pool | Lanes 1-6  |
| 11 a.m. to Noon   | SwimFit Open Water    | Jorge Mijares   | Sports Pool | Lanes 1-3  |
| 4 to 6:15 p.m.    | BlueFins Swim Team    | Kalvin Spells   | Sports Pool | Lanes 1-6  |
| 6:15 to 7:15 p.m. | Water Fitness HIIT It | Charlotte Strom | Sports Pool | Lanes 7-10 |

## Wednesday

|                     |                             |                 |             |            |
|---------------------|-----------------------------|-----------------|-------------|------------|
| 6 to 6:55 a.m.      | SwimFit Swim Strong         | Brian Pearson   | Sports Pool | Lanes 1-6  |
| 9 to 9:55 a.m.      | SwimFit SwimTek             | Charlie Fry     | Sports Pool | Lanes 1-6  |
| 9:30 to 10 a.m.     | WaterFitness Walk'n Tone    | Charlotte Strom | Resort Pool |            |
| 10:15 to 11:10 a.m. | WaterFitness Deep Water     | Charlotte Strom | Sport Pool  | Lanes 7-10 |
| 11:20 to 11:50 am   | Water Fitness S-T-R-E-T-C-H | Charlotte Strom | Garden Pool |            |
| Noon to 12:55 p.m.  | SwimFit Fired Up            | Charlie Fry     | Sports Pool | Lanes 1-6  |
| 4 to 6:15 p.m.      | BlueFins Swim Team          | Kalvin Spells   | Sports Pool | Lanes 1-6  |

## Thursday

|                   |                      |                 |             |            |
|-------------------|----------------------|-----------------|-------------|------------|
| 6 to 6:55 a.m.    | SwimFit H.I.T.S.     | Charlie Fry     | Sports Pool | Lanes 1-6  |
| 9 to 9:55 a.m.    | SwimFit Fired Up     | Charlie Fry     | Sports Pool | Lanes 1-6  |
| 11 a.m. to Noon   | SwimFit Open Water   | Jorge Mijares   | Sports Pool | Lanes 1-3  |
| 4 to 6:15 p.m.    | BlueFins Swim Team   | Kalvin Spells   | Sports Pool | Lanes 1-6  |
| 6:15 to 7:15 p.m. | WaterFitness HIIT It | Charlotte Strom | Sports Pool | Lanes 7-10 |

## Friday

|                     |                             |                 |             |            |
|---------------------|-----------------------------|-----------------|-------------|------------|
| 9 to 9:55 a.m.      | The Mighty Mile             | Jarrold Marrs   | Sports Pool | Lanes 1-6  |
| 9:30 to 10 a.m.     | WaterFitness Walk'n Tone    | Charlotte Strom | Resort Pool |            |
| 10:15 to 11:10 a.m. | WaterFitness HIIT It        | Charlotte Strom | Sport Pool  | Lanes 7-10 |
| 11:20 to 11:50 a.m. | Water Fitness S-T-R-E-T-C-H | Charlotte Strom | Garden Pool |            |
| Noon to 1 p.m.      | SwimFit Swim Strong         | Kalvin Spells   | Sports Pool | Lanes 1-6  |
| 4 to 6:15 p.m.      | BlueFins Swim Team          | Kalvin Spells   | Sports Pool | Lanes 1-6  |

## Saturday

|                          |                     |                 |             |            |
|--------------------------|---------------------|-----------------|-------------|------------|
| 8 to 8:55 a.m.           | Aqua Fit            | Charlotte Strom | Sports Pool | Lanes 9-10 |
| 9:15 to 10:30 a.m.       | SwimFit Swim Strong | Kalvin Spells   | Sports Pool | Lanes 1-6  |
| 11:30 a.m. to 12:30 p.m. | SwimFit Open Water  | Jorge Mijares   | Sports Pool | Lanes 1-3  |

## Sunday

|                |                         |                  |             |           |
|----------------|-------------------------|------------------|-------------|-----------|
| 9 to 9:55 a.m. | SwimFit Go The Distance | Timothy Fletcher | Sports Pool | Lanes 1-6 |
|----------------|-------------------------|------------------|-------------|-----------|

