



ATHMAR RECREATION CENTER

FALL 2019 AUGUST 18 - NOVEMBER 23

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR LOCAL AND NEIGHBORHOOD LEVELS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Aerobics 8:30 - 9:30 a.m.	Ai Chi 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	Ai Chi 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	
Water Walking 9:30 - 10:15 a.m.	Water Walking 9:30 - 10:15 a.m.	Water Walking 9:30 - 10:15 a.m.	Water Walking 9:30 - 10:15 a.m.	* Multiple Sclerosis Hydro Therapy 9:30 - 11:30 a.m.	
Aqua Aerobics 5:30pm - 6:30p		Aqua Aerobics 5:30pm - 6:30pm			

SWIM HOURS: NO OPEN SWIM / LAP SWIMMING DURING CLASS TIMES

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	12:00 - 1:00 p.m.	6:00 - 8:15 a.m.	6:00 - 8:15 a.m.	6:00 - 8:15 a.m.	6:00 - 8:15 a.m.	6:00 - 8:15 a.m.	9:00 - 11:00 a.m.
Adult Swim 18yr + 2 Lap lanes		11:30 a.m. - 3:15 p.m.	11:30 a.m. - 3:15 p.m.	11:30 a.m. - 3:15 p.m.	11:30 a.m. - 3:15 p.m.	11:30 a.m. - 3:15 p.m.	
Open Swim 2 Lap Lanes	1:00 - 3:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 5:15 p.m. 7:30 - 8:30 p.m.	3:15 - 7:30 p.m.	11:00 a.m. - 2:30 p.m.
Swim Lesson		6:30pm - 7:30pm	5:30pm - 7:30pm	6:30pm - 7:30pm	5:30pm - 7:30pm		

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

FALL Season Information

Session I 8/25/2019 - 9/21/2019
 Session II 9/29/2019 - 10/26/2019
 Session III 11/3/2019 - 12/7/2019

WINTER REGISTRATION: 11/5/2019

WINTER Season Information

Session I 1/5/2020 - 2/1/2020
 Session II 2/9/2020 - 3/7/2020

Monday/Wednesday

6:30pm - 7:00 p.m. Preschool (ages 3 - 5yr)
 Parent-Child (ages 6mos - 3yr)
 Level 2 (ages 5 - 17)
7:00pm - 7:30 p.m. Level 1, 3, 5 (ages 5 - 17)

Tuesday/Thursday

5:30pm - 6:00 p.m. Level 1, 2, 4 (ages 5 - 17)
6:00pm - 6:30 p.m. Preschool (ages 3 - 5)
 Level 1, 3 (ages 5 - 17)
6:30pm - 7:30 p.m. Fitness Swim (ages 5 - 17)