



# HIAWATHA DAVIS JR. RECREATION CENTER

FALL 2019, AUGUST 18 - NOVEMBER 23

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b> 7:00 a.m. - 8:30 a.m.	<b>Lap Swim</b> 7:00 a.m. - 8:30 a.m.	<b>Lap Swim</b> 7:00 a.m. - 8:30 a.m.	<b>Lap Swim</b> 7:00 a.m. - 8:30 a.m.	<b>Lap Swim</b> 7:00 a.m. - 8:30 a.m.	<b>Lap Swim</b> 9:00 a.m. - 12:00 p.m.
<b>Aqua Aerobics</b> 8:30 a.m. - 9:30 a.m.	<b>Deep Water Aerobics</b> 8:30 a.m. - 9:30 a.m.	<b>Aqua Aerobics</b> 8:30 a.m. - 9:30 a.m.	<b>Deep Water Aerobics</b> 8:30 a.m. - 9:30 a.m.	<b>Aqua Aerobics</b> 8:30 a.m. - 9:30 a.m.	<b>Open Swim</b> 12:15 p.m. - 3:30 p.m.
<b>Bands Fitness &amp; Toning</b> 9:30 a.m. - 10:30 a.m.	<b>Swim Lessons</b> 9:30 a.m. - 11:00 a.m.	<b>Bands Fitness &amp; Toning</b> 9:30 a.m. - 10:30 a.m.	<b>Swim Lessons</b> 9:30 a.m. - 11:00 a.m.	<b>Bands Fitness &amp; Toning</b> 9:30 a.m. - 10:30 a.m.	
<b>Leisure Swim</b> 10:30 a.m. - 11:30 a.m.	<b>Lap Swim</b> 11:30 a.m. - 1:00 p.m.	<b>Leisure Swim</b> 10:30 a.m. - 11:30 a.m.	<b>Lap Swim</b> 11:30 a.m. - 1:00 p.m.	<b>Lap Swim</b> 11:30 a.m. - 1:00 p.m.	
<b>Lap Swim</b> 11:30 a.m. - 1:00 p.m.	<b>Open Swim</b> 1:15 p.m. - 3:45 p.m.	<b>Lap Swim</b> 11:30 a.m. - 1:00 p.m.	<b>Open Swim</b> 1:15 p.m. - 3:45 p.m.	<b>Open Swim</b> 1:15 p.m. - 6:30 p.m.	
<b>Open Swim</b> 1:15 p.m. - 3:45 p.m.	<b>Swim Lessons</b> 4:00 p.m. - 5:30 p.m.	<b>Open Swim</b> 1:15 p.m. - 3:45 p.m.	<b>Swim Lessons</b> 4:00 p.m. - 5:30 p.m.		
<b>Swim Lessons</b> 4:00 p.m. - 5:30 p.m.	<b>Open / Lap Swim</b> <i>3 lanes available</i> 5:45 p.m. - 7:00 p.m.	<b>Swim Lessons</b> 4:00 p.m. - 5:30 p.m.	<b>Open / Lap Swim</b> <i>3 lanes available</i> 5:45 p.m. - 7:00 p.m.		
<b>Lap Swim/Leisure Swim</b> <i>3 lanes available</i> 5:45 p.m. - 7:00 p.m.		<b>Lap Swim/Leisure Swim</b> <i>3 lanes available</i> 5:45 p.m. - 7:00 p.m.			

SilverSneakers® honored at this site

## SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

**POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING**

### Fall Season Information

- Session I (08/26/19-09/19/19)**
- Session II (09/30/19-10/24/19)**
- Session III (11/04/19-12/05/19)**

Registration Begins: 11/06/19

### Monday/Wednesday

- 4:00 - 4:30 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)
- 4:30 - 5:00 p.m. ▪ Level 3 (ages 5 - 17) ▪ Fitness Swim
- 5:00 - 5:30 p.m. ▪ Levels 4 & 5 (ages 5-17) ▪ Fitness Swim

### Tuesday/Thursday

- 9:30 - 10:00 a.m. ▪ Adult (ages 15+)
- 10:00 - 10:30 a.m. ▪ Preschool (ages 3 - 5)
- 4:00 - 4:30 p.m. ▪ Preschool (ages 3 - 5) ▪ Level 1 (ages 5 - 17)
- 4:30 - 5:00 p.m. ▪ Level 3 (ages 5 - 17) ▪ Levels 4 & 5 (ages 5-17)