



Shine On

## FALL 2023 SCHEDULE

# AQUATICS

### Monday

- 6:20am to 7:20am** Lane Swim
- 7:30am to 8:30am** Aqua Fitness Naseem
- 8:30am to 9:30am** Open Swim
- 10:00am to 10:45am** Adult Leisure Swim/2 Lanes
- 10:50am to 11:50am** Aqua Recovery
- 12:00pm to 1:00pm** Lane Swim
- 12:00pm to 1:00pm** Swim with Joanie  
*(One on One instruction with Joanie Cunningham)*
- 1:05pm to 2:00pm** Lane Swim
- 4:00pm to 6:55pm** Learn to Swim (Registered Program)
- 7:00pm to 7:50pm** Aqua Fit
- 8:00pm to 9:00pm** Lane Swim

### Tuesday

- 6:30am to 7:30am** Dorados with 2 lanes
- 7:35am to 8:35am** Open Swim with 2 Lanes
- 8:45am to 9:45am** Aqua Fitness
- 10:00am to 10:45am** Pool time Play Pals (5yrs and under)
- 10:50am to 11:50am** Gentle Aqua Fitness with Debbie
- 12:00pm to 1:00pm** Lane Swim
- 1:10pm to 2:00pm** Aqua Therapy (Registered Program)
- 4:00pm to 7:00pm** Learn to Swim (Registered Program & Private Lessons)
- 7:00pm to 7:45pm** Adult Learn to Swim (Registered Program)
- 8:00pm to 9:00pm** Lane Swim

### Wednesday

- 6:20am to 7:20am** Lane Swim
- 7:30am to 8:30am** Aqua Fitness
- 8:30am to 9:30am** Open Swim
- 9:45 am to 10:45am** Adult Leisure Swim/2 Lanes
- 10:50am to 11:35am** Swim to Survive (Oct - Nov)
- 12:00pm to 1:00pm** Lane Swim
- 12:00pm to 1:00pm** Swim with Joanie  
*(One on One instruction with Joanie Cunningham)*
- 1:05pm to 2:00pm** Lane Swim
- 4:00pm to 6:45pm** Learn to Swim (Registered Program)
- 7:00pm to 8pm** Aqua Fit
- 8:15pm to 9:15pm** Lane Swim

Effective  
September 11<sup>th</sup>



## Thursday

- 6:30am to 7:30am** Dorados with 2 lanes
- 7:30am to 8:30am** Open Swim with 2 Lanes
- 9:00am to 9:55am** Aqua Fitness
- 10:00am to 10:45am** Pool time Play Pals (5yrs and under)
- 11:00am to 11:55am** Lane Swim
- 12:00pm to 1:00pm** Lane Swim
- 1:10pm to 2:00pm** Aqua Therapy (Registered Program)
- 4:00pm to 7:00pm** Learn to Swim (Registered Program & Private Lessons)
- 7:00pm to 8:00pm** Special Olympics
- 8:00pm to 9:00pm** Lane Swim

## Friday

- 6:20am to 7:20am** Lane Swim
- 7:30am to 8:30am** Aqua Fitness
- 8:30am to 9:30am** Open Swim
- 9:45am to 10:45am** Adult Leisure Swim/2 Lanes
- 10:50am to 11:50am** Aqua Recovery (Registered Program)
- 12:00pm to 1:00pm** Lane Swim
- 12:00pm to 1:00pm** Swim with Joanie (*One on One instruction with Joanie Cunningham*)
- 1:05pm to 2:00pm** Lane Swim
- 4:00pm to 6:00pm** NADACA
- 6:15pm to 7:15pm** Family Open Swim (Call to Book your families spot – 902-562-9622 #1)
- 7:00pm to 8:30pm** Junior Guard (Registered Program)

## Saturday

- 8:15am to 9:15am** Lane Swim
- 9:30am to 2:00pm** Learn to Swim (Registered Program & Private Swim lessons)
- 2:05pm to 2:50pm** Autism Swim-ability - Learn to Swim (Registered Program)
- 3:00pm to 4:15pm** Family Open Swim (Call to Book your families spot – 902-562-9622 #1)

## Sunday

- 8:30am to 9:30am** Lane Swim
- 9:40am to 10:35am** Aqua Fitness
- 10:45am to 12:30pm** Learn to Swim (Registered Program & Private Swim lessons)
- 12:30pm to 2:00pm** Family Open Swim (Call to Book your families spot – 902-562-9622 #1)
- 2:15pm to 3:15pm** Birthday Party Pool Rental
- 3:30pm to 4:30pm** Rental Time (Call to Book – 902-562-9622 #1)