

Louisville Aquatics PROGRAM POOL Sept. 28 - Oct. 4

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				
LANES	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	LANES
5:30 AM	LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE												5:45 AM
6:00 AM																													6:00 AM
7:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				7:00 AM				
8:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM WATER EXERCISE				8:00 AM				
9:00 AM	AQUAFIT COMBO MARGIE				AERO DEEP MARY				LAP SWIM EXERCISE PRIVATE LSSN				AERO DEEP MARY				LAP SWIM EXERCISE PRIVATE LSSN				GROUP SWIM LESSONS								9:00 AM
10:00 AM	LAP SWIM WATER EXERCISE				WATER RUNNING NANCY				AQUA ZUMBA LAURA				WATER RUNNING NANCY				AQUAFIT COMBO HAWK								MINIS				10:00 AM
11:00AM	LAP SWIM WATER EXERCISE								LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM WATER EXERCISE												11:00 AM
12:00 PM	DEEP AEROBICS MARY				HIIT AQUAFIT HAWK				LAP SWIM EXERCISE PRIVATE LSSN				AQUA ZUMBA LAURA				DEEP AEROBICS MARGIE												12:00 PM
1:00 PM	LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				OPEN SWIM				OPEN SWIM				1:00 PM
2:00 PM	LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN												2:00 PM
3:00 PM	LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN												3:00 PM
4:00 PM	LAP SWIM WATER EXERCISE								LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM EXERCISE PRIVATE LSSN												4:00 PM
5:00 PM	RISE WATER POLO				GROUP SWIM LESSONS				MINI				GROUP SWIM LESSONS				GROUP SWIM LESSONS												5:00 PM
6:00 PM																													6:00 PM
7:00 PM	LAP SWIM EXERCISE PRIVATE LSSN								DEEP AEROBICS HAWK																				7:00 PM
8:00 PM																													8:00 PM
9:00 PM	Close 8:00pm				Close 8:00PM				Close 8:00PM				Close 8:00PM				Close 6:45pm				Color Key: LAP SWIM WATER EXERCISE GROUP LESSONS WATER AEROBICS CLASSES OPEN SWIM Private Minis								9:00 PM