

# Louisville Aquatics PROGRAM POOL Sept. 21 - 27

|          | 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<br>WATER<br>EXERCISE |   |   |   | LAP SWIM<br>WATER<br>EXERCISE                |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   |                               |   |   |   |              |   |   |   | 5:45 AM  |  |  |  |  |
| 6:00 AM  |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   | 6:00 AM  |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
| 7:00 AM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | LAP SWIM<br>WATER<br>EXERCISE                |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | 7:00 AM      |   |   |   |          |  |  |  |  |
| 8:00 AM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | MINI<br>LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | 8:00 AM      |   |   |   |          |  |  |  |  |
| 9:00 AM  | AQUAFIT<br>COMBO<br>MARGIE    |   |   |   | AERO DEEP<br>MARY                            |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | AERO DEEP<br>MARY                    |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | GROUP<br>SWIM<br>LESSONS      |   |   |   | MINIS        |   |   |   | 9:00 AM  |  |  |  |  |
| 10:00 AM | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | WATER<br>RUNNING<br>NANCY                    |   |   |   | AQUA ZUMBA<br>LAURA                  |   |   |   | WATER<br>RUNNING<br>NANCY            |   |   |   | AQUAFIT<br>COMBO<br>HAWK             |   |   |   |                               |   |   |   |              |   |   |   | 10:00 AM |  |  |  |  |
| 11:00AM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   |                                              |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   |                                      |   |   |   | LAP SWIM<br>WATER<br>EXERCISE        |   |   |   |                               |   |   |   |              |   |   |   | 11:00 AM |  |  |  |  |
| 12:00 PM | DEEP<br>AEROBICS<br>MARY      |   |   |   | HIIT<br>AQUAFIT<br>HAWK                      |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | AQUA ZUMBA<br>LAURA                  |   |   |   | DEEP<br>AEROBICS<br>MARGIE           |   |   |   |                               |   |   |   |              |   |   |   | 12:00 PM |  |  |  |  |
| 1:00 PM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN         |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | OPEN<br>SWIM                  |   |   |   | OPEN<br>SWIM |   |   |   | 1:00 PM  |  |  |  |  |
| 2:00 PM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN         |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   |                               |   |   |   |              |   |   |   | 2:00 PM  |  |  |  |  |
| 3:00 PM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN         |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   |                               |   |   |   |              |   |   |   | 3:00 PM  |  |  |  |  |
| 4:00 PM  | LAP SWIM<br>WATER<br>EXERCISE |   |   |   |                                              |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   |                                      |   |   |   | LAP SWIM<br>EXERCISE<br>PRIVATE LSSN |   |   |   |                               |   |   |   |              |   |   |   | 4:00 PM  |  |  |  |  |
| 5:00 PM  | RISE<br>WATER<br>POLO         |   |   |   | GROUP<br>SWIM<br>LESSONS                     |   |   |   | MINI                                 |   |   |   | GROUP<br>SWIM<br>LESSONS             |   |   |   |                                      |   |   |   | GROUP<br>SWIM<br>LESSONS      |   |   |   |              |   |   |   | 5:00 PM  |  |  |  |  |
| 6:00 PM  |                               |   |   |   |                                              |   |   |   | DEEP<br>AEROBICS<br>HAWK             |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   | 6:00 PM  |  |  |  |  |
| 7:00 PM  |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   | 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                         |   |   |   | Private Minis                 |   |   |   | 9:00 PM      |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |
|          |                               |   |   |   |                                              |   |   |   |                                      |   |   |   |                                      |   |   |   |                                      |   |   |   |                               |   |   |   |              |   |   |   |          |  |  |  |  |