

November Mondays

clos	ed	Scheduled Programs (lanes unavailable)				Lap sw	ıim/ Water v	walking		Family Swim	
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	
6:00 AM							Potoma	c Marlins			6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM											8:00 AM
8:30 AM											8:30 AM
9:00 AM							١٨	/ater Aerob	irs		9:00 AM
9:30 AM		А	Aqua Aerobics				•	-			9:30 AM
10:00 AM											10:00 AM
10:30 AM										Deep Water Aerobics	10:30 AM
11:00 AM	We										11:00 AM
11:30 AM	Aquatics										11:30 AM
12:00 PM	7144444	Hi/Lov	w Water Are	eboics							12:00 PM
12:30 PM											12:30 PM
1:00 PM											1:00 PM
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2:30 PM						SSSA	AS Swim Tea		2:30 PM		
3:00 PM											3:00 PM
3:30 PM											3:30 PM
4:00 PM											4:00 PM
4:30 PM	Alex LTS		We Ad	quatics		AC	CHS Swim Te	am		CHS Dive Tea	4:30 PM
5:00 PM	AICX E13	Alex LTS									5:00 PM
5:30 PM											5:30 PM
6:00 PM											6:00 PM
6:30 PM							Potoma	c Marlins		Get In Deep	6:30 PM
7:00 PM							. 500,110			With Candice	7:00 PM
7:30 PM		Aqua Zumba						7:30 PM			
8:00 PM											8:00 PM
8:30 PM											8:30 PM
9:00 PM											9:00 PM
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	



November Tuesdays

closed		Schedul	ed Program.	s (lanes und	available)	Lap sv	vim/ Water	walking		Family Swim	
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM											8:00 AM
8:30 AM											8:30 AM
9:00 AM							Aquati	c Exercise fo	or Seniors		9:00 AM
9:30 AM			ACPS SPLAS	ш						9:30 AM	
10:00 AM			ACPS SPLAS								10:00 AM
10:30 AM											10:30 AM
11:00 AM	We		Vater Walki								11:00 AM
11:30 AM	Aquatics	Aquatics		ig.							11:30 AM
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12:30 PM											12:30 PM
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2:00 PM											2:00 PM
2:30 PM											2:30 PM
3:00 PM						000	SSSAS Swim Team (starts 11/15)				3:00 PM
3:30 PM			We			333					3:30 PM
4:00 PM			Aquatics			ACHS S	wim Team			ACHS Dive	4:00 PM
4:30 PM	Alex LTS	Alex LTS	Aquatics			7,61133	······································			T.	4:30 PM
5:00 PM	, lick E13									''	5:00 PM
5:30 PM							Potoma	ac Marlins			5:30 PM
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9:00 PM											9:00 PM
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	



November Wednesdays

clos	sed	Schedule	ed Program	s (lanes und	available)	Lap sı	Lap swim/ Water walking Family Swim				
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 5 Lane 6 Lane 7 Lane 8		Lane 8	Diving Well	
6:00 AM							Potom	ac Marlins			6:00 AM
6:30 AM											6:30 AM
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9:30 AM			VCDC CDI VC	U				Aqua Areobics			9:30 AM
10:00 AM		'	ACPS SPLASH							Deep	10:00 AM
10:30 AM										Water	10:30 AM
11:00 AM	We									Aqua	11:00 AM
11:30 AM	Aquatics										11:30 AM
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3:30 PM						SSS	SAS Swim Te		3:30 PM		
4:00 PM							ACHS Swim	, T			4:00 PM
4:30 PM	Alex LTS		We A	quatics		_	ACI IS SWIII			ACHS Dive	4:30 PM
5:00 PM										_	5:00 PM
5:30 PM		ALEX LTS									5:30 PM
6:00 PM							Potom	ac Marlins			6:00 PM
6:30 PM							1 000111	ac Marinis			6:30 PM
7:00 PM										Deep	7:00 PM
7:30 PM										Water	7:30 PM
8:00 PM										Aqua	8:00 PM
8:30 PM											8:30 PM
9:00 PM											9:00 PM
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	



November Thursdays

clos	sed	Schedule	ed Program:	s (lanes und	available)	Lap sv	vim/ Water	walking		Family Swim	
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM								•			8:00 AM
8:30 AM											8:30 AM
9:00 AM							Aquati	c Exercise fo	or Seniors		9:00 AM
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10:00 AM		·	ACPS SPLAS	П						10:00 AM	
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3:00 PM						SSS	AS Swim Team (starts 11/17)				3:00 PM
3:30 PM			l WE								3:30 PM
4:00 PM		Aquat						4:00 PM			
4:30 PM	Alex LTS	ALEX LTS	Aquatics			ACH	lS Swim & [Dive T.			4:30 PM
5:00 PM											5:00 PM
5:30 PM											5:30 PM
6:00 PM											6:00 PM
6:30 PM							Potoma	ac Marlins			6:30 PM
7:00 PM		Hi/L	o Water Aer	obics							7:00 PM
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8:30 PM											8:30 PM
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	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	



November Fridays

clos	ed	Schedule	ed Programs	s (lanes una	vailable)	Lap sv	Lap swim/ Water walking			Family Swim		
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		
6:00 AM							Potoma	ac Marlins			6:00 AM	
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7:00 AM											7:00 AM	
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11:30 AM	Aquatics										11:30 AM	
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3:30 PM	Family	y Swim	We Ad	quatics							3:30 PM	
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	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		



November Saturdays

clos	sed	Scheduled Programs (lanes unavailable)				Lap s	wim/ Water	Water walking Family Swim			
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
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8:30 AM											8:30 AM
9:00 AM									NOVA	NOVA	9:00 AM
9:30 AM									Synchro	Synchro	9:30 AM
10:00 AM									Sylicilio	Swim	10:00 AM
10:30 AM	A DEVIIS										10:30 AM
11:00 AM											11:00 AM
11:30 AM		Alex LT	S (9/24)								11:30 AM
12:00 PM											12:00 PM
12:30 PM				We A	quatics						12:30 PM
1:00 PM				""	iquatics						1:00 PM
1:30 PM									Scuba (11,	/5 & 11/19)	1:30 PM
2:00 PM											2:00 PM
2:30 PM							We Aqu	atics Swim			2:30 PM
3:00 PM							Т	eam		3:00 PM	
3:30 PM											3:30 PM
4:00 PM		Family Swir	n								4:00 PM
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9:00 PM											9:00 PM
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	ı



November Sundays

clos	sed	Schedul	ed Program	s (lanes un	available)	Lap s	wim/ Wate	walking		Family Swim	1	
	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well		
6:00 AM											6:00 AM	
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7:00 AM											7:00 AM	
7:30 AM											7:30 AM	
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9:30 AM								Aqua Zuilik	Ja		9:30 AM	
10:00 AM											10:00 AM	
10:30 AM	Alex LTS				Wahoo	os Clinic (11	Clinic (11/6, 11/13				10:30 AM	
11:00 AM											11:00 AM	
11:30 AM		Ale	x LTS						Scuba (11.	Scuba (11/6 & 11/20)		
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4:00 PM		Family Swir	n			P	arklawn Sw	im T.			4:00 PM	
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	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	•	