



# Aquatics Pool and Group Fitness Schedule

Holland Family Building, 787 Delaware Avenue in Buffalo, NY

## January 2 - March 30, 2019

**Bob Lajeunesse**

**General Manager**

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**Tim Lane**

**Aquatics Manager**

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**Gene Bliemeister**

**Interim Aquatics Manager**

886-3172 x 411

### SUNDAY

Lap	8:00 - 10:15am
Water Muscles	10:15 - 11:15am
Lessons/Open	11:15am - 2:30pm
Open	2:30 - 4:00pm
Lap	4:00 - 5:30pm

### MONDAY

Lap	5:30-10:00am
Open / Lap (2 lanes each)	10:00- 10:40am
Aquacise	10:45 - 11:45am
Lap	11:55am - 2:00pm
Open	2:00 - 3:00pm
Kids Place/Open	3:00 - 3:45pm
Storm Swim Team/Lessons	3:45 - 5:45pm
Hydrorider (2 lanes) , Lessons (1 lane), Lap (1 lane)	5:45 - 7:00pm
Water Aerobics	7:05 - 8:05pm
Lap/Open (2 lanes each)	8:10 - 9:00pm

### TUESDAY

Lap	5:30 - 9:30am
Lessons (Shallow) / Open (Deep)	9:30 - 11:00am
Water Muscles	11:00 - 12:00pm
Lap	12:05 - 2:00pm
Open	2:00 - 3:45pm
Lessons/Open	3:45 - 5:30pm
Lessons/Lap (2 lanes each)	5:30 - 7:00pm
SCUBA/Open	7:00 - 8:15pm
Lap/Open (2 lanes each)	8:15 - 9:00pm

### WEDNESDAY

Lap	5:30 - 9:30am
Lessons (Shallow) / Open (Deep)	9:30 - 11:00am
Aquacise	11:00 - 12:00pm
Lap	12:05 - 2:00pm
Open	2:00 - 3:45pm
Lessons / Open	3:45 - 4:15pm
Storm Swim Team / Lessons	4:15 - 5:15pm
Lessons / Lap (2 lanes each)	5:15 - 6:00pm
Hydrorider (2 lanes) , Lessons (1 lane), Lap (1 lane)	6:00 - 7:00pm
Water Aerobics	7:05 - 8:05pm
Lap/Open (2 lanes each)	8:10 - 9:00pm

### THURSDAY

Lap	5:30 - 10:00am
Lessons (Shallow) / Open (Deep)	10:00 - 11:00am
Water Muscles	11:00 - 12:00pm
Lessons/Lap (2 lanes each)	12:05 - 12:30pm
Lap	12:30 - 2:00pm
Open	2:00 - 3:45pm
Lessons/Open	3:45 - 5:30pm
Storm/Lap (2 lanes each)	5:30 - 6:30pm
Lap	6:30 - 7:00pm
SCUBA/Open	7:00 - 8:15pm
Lap/Open (2 lanes each)	8:15 - 9:00pm

### FRIDAY

Lap	5:30 - 10:00am
Open / Lap (2 lanes each)	10:00 - 10:40am
Aquacise	10:45 - 11:45am
Lap	11:55am - 2:00pm
Open	2:00 - 3:30pm
Kids Place/Open	3:30 - 4:30pm
Storm/Lap (2 lanes each)	4:30 - 5:30pm
Lap/Lessons (2 lanes each)	5:30 - 6:30pm

### SATURDAY

Lap	8:00- 9:15am
Hydrorider/Lap (2 lanes each)	9:15 - 10:15am
Water in Motion	10:15 - 11:15am
Lessons/Open	11:20am - 3:00pm
Open	3:00 - 4:00pm
Lap	4:00 - 5:30pm

We welcome children

Under 6 years old when accompanied by an adult in the water.

Ages 6-9 years old must have an adult on deck supervising them at all times.