Frank Bailey Aquatics

Classes

Aqua Fitness - Wed. 2pm-3pm
Aqua Zumba Thurs 11:15—12:00
Combat H20—Mon 11:15am
Water Fitness I - Mon & Thurs 9 am—10am
Water Fitness II - Mon & Thurs 10 am—11am
Water Walking Classes:

Begin. Water Walk Tue/ Wed 10:30 - 11:00
Water Walking I - Mon.:1:15- 2:00pm
Water Walking II - Tues. 3pm - 3:45pm
Water Walking III - Wed. 1:15p - 2pm
Water Walking IV - Thursday 3pm - 3:45pm

Beginner Swim:
Tues/Wed 11am-12pm
Tues/Thurs 1pm-2pm

Intermediate Swim:
Tues/Thurs 2pm - 3pm

Aqua Volleyball:
Friday - 11:00 am

LAP SWIMMING:
Tue/W/F: 8:30-9:30am
Fri 1:30p-2:30p
Break Week Lap Swimming:
Mon/Tue/Thur/Fri
8:30-9:30am
Mon/Tue 11:00-12:00

Pool & Fitness Orientation
Thursdays 12:00pm & 4:30pm

November 2018

PLEASE OBSERVE POOL CLOSINGS BETWEEN CLASSES. THANK YOU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 POOL CLOSED (CLOSED FOR MAINTENANCE) Break Week	2 POOL CLOSED (CLOSED FOR MAINTENANCE) Break Week
Please call the Center at 678-479-5505 to inquire about Open Swim, Lap Swim or Class Time availability during this week. Before making plans or coming to the pool. Break Week	Break Week	(CLOSED FOR MAINTENANCE) *Thank you.* Break Week	Break Week	Break Week
No Morning Open Swim 12 9am Water Fitness I 10 am Water Fitness II Combat H20 11:15-12:00 1:15—2:00 Water Walking I 2:00-4:00 OPEN SWIM	8:30-9:30 LAP SWIM 13 9:30- 10:30 Open Swim 10:30-11 Beg. Water Walk. 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking	8:30–9:30 LAP SWIM 14 9:30-10:30 Open Swim 10:30-11 Beg. Water Walk. 11-12 Beginner Swim 1:15-2:00 Water Walking 2:00pm-3:00pm Aqua Fitness 3:00pm-4pm Open Swim	No Morning Open Swim 15 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12PM POOL ORIENTATION 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 4:45—6:45 OPEN SWIM	8:30 – 9:30 LAP SWIM 16 9:30-10:45 OPEN SWIM Aqua Volleyball 11am 1:30p- 2:30p LAP SWIM 2:30p - 4:00P OPEN SWIM
No Morning Open Swim 19 9am Water Fitness I 10 am Water Fitness II Combat H20 11:15-12:00 1:15—2:00 Water Walking I 2:00-4:00 OPEN SWIM	8:30-9:30 LAP SWIM 20 9:30- 10:30 Open Swim 10:30-11 Beg. Water Walk. 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking	8:30–9:30 LAP SWIM 21 9:30-10:30 Open Swim 10:30-11 Beg. Water Walk. 11-12 Beginner Swim 1:15-2:00 Water Walking 2:00pm-3:00pm Aqua Fitness 3:00pm-4pm Open Swim	HAPPY THANKSGIVING The Center is Closed in Observation Of The Thanksgiving Holiday! 	
No Morning Open Swim 26 9am Water Fitness I 10 am Water Fitness II Combat H20 11:15-12:00 1:15—2:00 Water Walking I 2:00-4:00 OPEN SWIM	8:30-9:30 LAP SWIM 27 9:30- 10:30 Open Swim 10:30-11 Beg. Water Walk. 11-12 Beginner Swim 1pm—2pm Beg. Swim 2pm - 3pm Interm. Swim 3:00—3:45 Water Walking	8:30–9:30 LAP SWIM 28 9:30-10:30 Open Swim 10:30-11 Beg. Water Walk. 11-12 Beginner Swim 1:15-2:00 Water Walking 2:00pm-3:00pm Aqua Fitness 3:00pm-4pm Open Swim	No Morning Open Swim 29 9am Water Fitness I 10 am Water Fitness II 11:15 Aqua Zumba 12PM POOL ORIENTATION 1pm—2pm Beg. Swim 2-3 Intermediate Swim 3:00—3:45 Water Walking 4:45—6:45 OPEN SWIM	8:30 – 9:30 LAP SWIM 30 9:30-10:45 OPEN SWIM Aqua Volleyball 11am 1:30p- 2:30p LAP SWIM 2:30p - 4:00P OPEN SWIM As of 10/09/18