

# NOVEMBER 2023 AQUATICS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-6:45PM <b>LAP SWIM</b>	5:30AM-8:45PM <b>LAP SWIM</b>	5:30AM-8:45PM <b>LAP SWIM</b>	5:30AM-8:45PM <b>LAP SWIM</b>	5:30AM-8:45PM <b>LAP SWIM</b>	5:30AM-8:45PM <b>LAP SWIM</b>	7:00am-6:45pm <b>LAP SWIM</b>
	9:00-9:55am <b>AquaFit1</b> Peggy	*9:00-9:55am <b>Aqua Yoga</b> Karen	9:00-9:55am <b>AquaFit1</b> Peggy	*9:00-9:55am <b>Aqua Yoga</b> Karen <b>No Class (23)</b>	9:00-9:55am <b>AquaFit1</b> Julie <b>No Class (24)</b>	9:00-1:00pm <b>Swim Lessons</b> <b>No Lessons (25)</b>
	10:00-10:55am <b>AquaFit2</b> Julie	*10:00-10:55am <b>Splashburner</b> Karen	10:00-10:55am <b>AquaFit2</b> Peggy	*10:00-10:55am <b>Splashburner</b> Karen <b>No Class (23)</b>	10:00-10:55am <b>AquaFit 2</b> Julie <b>No Class (24)</b>	
	11:15am-12:00 <b>Gentle</b> <b>Aquafit</b> Peggy	*11:00-11:55am <b>Aqua Yoga</b> Karen	11:15am-12:00 <b>Gentle</b> <b>AquaFit</b> Dianne (1,15) Carol (8,22,29)	*11:00-11:55am <b>Aqua Yoga</b> Karen <b>No Class (23)</b>	11:15am-12:00 <b>Gentle</b> <b>AquaFit</b> Carol <b>No Class (24)</b>	1:00-6:45pm <b>Family Swim</b>
1:00-6:45pm <b>Family Swim</b>	12:00am-4:55pm <b>Family Swim</b>  (Lane 6 – Neuro-Wellness 2-3pm)	12:00-4:15pm <b>Family Swim</b>	12:00-5:00pm <b>Family Swim</b>	12:00-4:15pm <b>Family Swim</b>	12:00-5:45pm <b>Family Swim</b>	
3:30-4:30pm <b>Afterschool</b> <b>Swimming</b>	4:30-7:00pm <b>Swim Lessons</b> <b>No Lessons (21)</b>	3:30-4:30pm <b>Afterschool</b> <b>Swimming</b>	4:30-7:00pm <b>Swim Lessons</b> <b>No Lesson (23)</b>	3:30-4:30pm <b>Afterschool</b> <b>Swimming</b>		
5:00-6:00pm <b>Swim Clinic</b> <b>No Class (20)</b>		5:15-6:15pm <b>Swim Clinic</b> <b>No Class (22)</b>				
6:05-7:00pm <b>Splashburner</b> Karen					6:05-7:00 <b>Splashburner</b> Jenn <b>No Class (24)</b>	
7:10-8:45pm <b>Family Swim</b>	7:10-8:45pm <b>Family Swim</b>	6:30-8:45pm <b>Family Swim</b>	7:10-8:45pm <b>Family Swim</b>	7:10-8:45pm <b>Family Swim</b>	7:10-8:45pm <b>Family Swim</b>	
<p><b>Afterschool Full Days in November or 11/7, 11/20, 11/21, 11/22 – and they will swim 1:00-3:00pm</b></p> <p><b>No Family Swim during Swim Clinic</b></p> <p><b>We will be closed on Thursday, November 23, 2023 in observance for the Thanksgiving Holiday and there are no group fitness classes on Friday, November 24, 2023.</b></p> <p><b>There will be no swim lessons or swim clinic the week of Thanksgiving, November 20-25, 2023</b></p> <p>Private Swim Lessons may be scheduled during any operational hours</p> <p>*We are currently hiring for Lifeguards and Swim Instructors*</p> <p>**If interested please email Beth Valentine your resume at <a href="mailto:beth@saymca.org">beth@saymca.org</a>**</p> <p>*Please note the time change on Tuesdays and Thursdays Aquatics classes and Family Swim*</p>						