



THE CLUB
AT THE CLAREMONT

AQUATICS PROGRAM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00am-9:45am AQUA ZUMBA 2 lanes (Main Pool)	
10:00am-10:45am AQUA HIIT 2 lanes (Main Pool)		10:00am-10:45am AQUA HIIT 2 lanes (Main Pool)	10:00am-10:50am AQUA HIIT 2 lanes (Main Pool)	10:00am-10:50am AQUA HIIT 2 lanes (Main Pool)	9:00am-3:00pm SWIM LESSONS 1 Lane (Main Pool)	9:00am-3:00pm SWIM LESSONS 1 Lane (Main Pool)
11:00am-12:00pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)		11:00am-12:30pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)	11:00am-12:00pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)	11:00am-12:00pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)		
11:30am-12:30pm KID'S CLUB CAMP SWIMMERS (Main Pool)	11:30am-12:30pm KID'S CLUB CAMP SWIMMERS (Main Pool)	11:30am-12:30pm KID'S CLUB CAMP SWIMMERS (Main Pool)	11:30am-12:30pm KID'S CLUB CAMP SWIMMERS (Main Pool)	11:30am-12:30pm KID'S CLUB CAMP SWIMMERS (Main Pool)		
12:00pm-7:00pm SWIM LESSONS 1 Lane (Main Pool)	12:00pm-7:00pm SWIM LESSONS 1 Lane (Main Pool)	12:00pm-7:00pm SWIM LESSONS 1 Lane (Main Pool)	12:00pm-7:00pm SWIM LESSONS 1 Lane (Main Pool)	12:00pm-4:00pm SWIM LESSONS 1 Lane (Main Pool)	3:00pm-4:00pm KIDS' STREAMLINERS 3-5 Lanes (Lap Pool)	
4:00pm-6:00pm KIDS' STREAMLINERS 3-5 Lanes (Lap Pool)	4:00pm-6:00pm KIDS' STREAMLINERS 3-5 Lanes (Lap Pool)	4:00pm-6:00pm KIDS' STREAMLINERS 3-5 Lanes (Lap Pool)	4:00pm-6:00pm KIDS' STREAMLINERS 3-5 Lanes (Lap Pool)	4:00pm-6:00pm KIDS' STREAMLINERS 3-5 Lanes (Lap Pool)	4:00pm-5:00pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)	
6:00pm-7:00pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)		6:00pm-7:00pm ADULT STREAMLINERS 3-5 Lanes (Lap Pool)				

PROGRAM LEGEND

SWIM LESSONS

ADULT STREAMLINERS

KIDS' STREAMLINERS

AQUA HIIT (Main Pool)

KIDS' CLUB CAMP
(Main Pool Recreational Area)