

## AQUATICS SCHEDULE

	5:00	6:00	7:00	8:00	9:00	10:00	11:00	PM	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	
Lane 1	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters Swim					Custom Lessons		Pre-compet	Rental		
Lane 2	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters Swim					Custom Lessons		Pre-compet	Rental		
Lane 3	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters Swim					Custom Lessons		Pre-compet	Rental		
Lane 4	Lap Swim ONLY			Aerobics	Aerobics				Masters Swim										
Lane 5	Lap Swim ONLY								Masters Swim										
Lane 6	Lap Swim ONLY								Masters Swim										
Lane 1	Masters				Zumba					HC - Water Fit				AKK	Aerobics	Swim Team	Rental		
Lane 2	Masters				Zumba					HC - Water Fit				AKK	Aerobics	Swim Team	Rental		
Lane 3	Masters				Zumba					HC - Water Fit			Custom Lessons		Aerobics	Swim Team	Rental		
Lane 4	Masters				Zumba					HC - Water Fit			Custom Lessons						
Lane 5	Masters					Aqua Tots							Custom Lessons						
Lane 6	Masters												Custom Lessons						
Lane 1	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters					Custom Lessons		Swim Team			
Lane 2	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters					Custom Lessons		Swim Team			
Lane 3	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters					Custom Lessons		Swim Team			
Lane 4	Lap Swim ONLY			Aerobics	Aerobics				Masters					Custom Lessons					
Lane 5	Lap Swim ONLY								Masters										
Lane 6	Lap Swim ONLY								Masters										
Lane 1	Masters				Zumba					HC - Water Fit				AKK		Group Lessons			
Lane 2	Masters				Zumba					HC - Water Fit				AKK		Group Lessons			
Lane 3	Masters				Zumba					HC - Water Fit			Custom Lessons			Pre-compet	Rental		
Lane 4	Masters				Zumba					HC - Water Fit			Custom Lessons			Pre-compet	Rental		
Lane 5	Masters												Custom Lessons			Pre-compet	Rental		
Lane 6	Masters												Custom Lessons			Pre-compet	Rental		
Lane 1	CrossFit			Aerobics	Aerobics			Exp	Masters					Custom Lessons					
Lane 2	CrossFit			Aerobics	Aerobics			Exp	Masters					Custom Lessons					
Lane 3	Lap Swim ONLY			Aerobics	Aerobics			Exp	Masters					Custom Lessons					
Lane 4	Lap Swim ONLY			Aerobics	Aerobics				Masters					Custom Lessons					
Lane 5	Lap Swim ONLY								Masters					Lifeguard Training					
Lane 6	Lap Swim ONLY								Masters										
Lane 1				Lifeguard Training															
Lane 2				Lap Swim ONLY	Swim Team				Group Lessons										
Lane 3				Lap Swim ONLY	Swim Team				Group Lessons										
Lane 4				Lap Swim ONLY	Swim Team				Group Lessons										
Lane 5				Lap Swim ONLY	Swim Team				Custom Lessons										
Lane 6				Lap Swim ONLY	Swim Team				Custom Lessons										
Lane 1				Lifeguard Training													Swim Team		
Lane 2				Lap Swim ONLY					Custom Lessons					Pre-compet	Swim Team				
Lane 3				Lap Swim ONLY					Custom Lessons					Pre-compet	Swim Team				
Lane 4				Lap Swim ONLY	Aerobics									Pre-compet					
Lane 5				Lap Swim ONLY	Aerobics														
Lane 6				Lap Swim ONLY	Aerobics														

Questions? Contact Hannah Rank at (913)327.8022 or email [hannahr@thejkc.org](mailto:hannahr@thejkc.org)