





March 2023 Buhl Club Aquatics Schedule

Aquatics Director - Brandon Cowie bcowie@fbuhlclub.org

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:00 AM	POOL CLOSED Lifeguard Maintenance						POOL CLOSED Lifeguard Maintenance			
8:00 AM	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes	Lap Swim 6 Lanes			
8:30 AM										
9:00 AM			Aqua Therapy			Aqua Therapy				
9:30 AM			Aqua Tabata			Aqua Tabata		Preschool Swim!	Aqua Tabata	
10:00 AM									Swim School - Starfish Ages 6 - 18 Months with Parent 15 Student Cap	
10:30 AM	POOL CLOSED Lifeguard Maintenance	POOL CLOSED Lifeguard Maintenance		POOL CLOSED Lifeguard Maintenance		POOL CLOSED Lifeguard Maintenance	Swim School - Guppies B Ages 18 months - 3 years 8 Student Cap			
11:00 AM	Open Swim	Aquatic Exercise Class	Preschool 1 Swim 10:45 - 11: 45 POOL CLOSED	Aquatic Exercise Class	Preschool 2 Swim 10:45 - 11: 45 POOL CLOSED	Aquatic Exercise Class	Swim School - Minnows B Ages 3 - 5 years 8 Student Cap			
11:30 AM									Open Swim - Shallow End	
12:00 PM									Learn to Snorkel - Deep End All Ages No sign up required *Must bring your own Snorkel, Mask and Fins	
12:30 PM										
1:00 PM										
1:30 PM			Lap Swim 6 Lanes							
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM							POOL CLOSED			
4:00 PM	POOL CLOSED	After School Program Swim								
4:30 PM		Open Swim	Swim School - Guppies A Ages 18 months - 3 years 8 Student Cap	Swim School - Minnows C Ages 3 - 5 years 8 Student Cap	Swim School - Minnows A Ages 3 - 5 years 8 Student Cap	Open Swim	Special Events! *Times will vary.			
5:00 PM		Stroke School - Jellyfish A Levels 1 and 2 15 Student Cap	Stroke School - Sharks B Level 3 15 Student Cap	Adult Swim Lessons Ages 18+ No Student Cap	Stroke School - Jellyfish C Levels 1 and 2 15 Student Cap	Open Swim	Spring Lessons Begin March 6th!			
5:30 PM										
6:00 PM		Stroke School - Sharks A Level 3 15 Student Cap	Jr. Lifeguard School Flamingos Ages 10 - 15 No Student Cap	Stroke School - Jellyfish B Levels 1 and 2 15 Student Cap	Water Meditation No Age Limit No Sign up required	Jr. Lifeguard School Flamingos Ages 10 - 15 No Student Cap				
6:30 PM										
7:00 PM						Synchronized Swimming Ages 7-18 No Student Cap				
7:30 PM			Synchronized Swimming Ages 7-18 No Student Cap							
8:00 PM										