







September 2023 Buhl Club Aquatics Schedule
 Aquatics Director - Brandon Cowie bcowie@fhublclub.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	5AM - 9AM : Lap Swim 6 Lanes					POOL CLOSED
8AM - 10:30AM Lap Swim 6 Lanes	9AM - 9:45 Aqua Stretch	9AM : Aqua Therapy	9AM - 11AM Open Swim lanes 1-3	9AM : Aqua Therapy	9AM - 10AM Open Swim lanes 1-3	8AM - 9AM : Lap Swim 6 Lanes
		9:30AM : Aqua Tabata	Lap Swim lanes 4-6	9:30AM : Aqua Tabata	Lap Swim lanes 4-6	9AM : Aqua Tabata
POOL CLOSED Lifeguard Maintenance	10AM - 11AM Open Swim				10AM - 10:45 AM Volleyball	10AM Swim School - Starfish Ages 6 - 18 Months with Parent
	11AM - Noon Aquatic Exercise Class	Preschool 1 Swim 10:45 - 11: 45 POOL CLOSED	11AM - Noon Aquatic Exercise Class	Preschool 2 Swim 10:45 - 11: 45 POOL CLOSED	11AM - Noon Aquatic Exercise Class	10:30AM Swim School - Guppies C Ages 18 months - 3 years
11AM - 12:45PM Open Swim						11AM Swim School - Minnows C Ages 3 - 5 years
POOL CLOSED After 1PM	Noon - 3PM Lap Swim					11:30AM - 12:45PM Open Swim
Jelly Fish 						POOL CLOSED After 1PM
Swim Lessons Start 9/11/2023	3PM - 4:30PM Open Swim lanes 1-6					
Swim Team 1st practice 9/11 6pm Parent Meeting 9/11 6pm	4:30PM - 6 PM Swim Lessons				4:30 - 6PM Open Swim	
	6 - 8 PM Swim Team Practice 	6 - 8 PM Swim Team Practice	6 - 8 PM Swim Team Practice 	6 - 8 PM Swim Team Practice	6 - 8 PM Swim Team Practice 	
	Mermaids! Synchronized Swim 7pm - 8pm	6 - 8 PM Swim Team Practice	Mermaids! Synchronized Swim 7pm - 8pm	6 - 8 PM Swim Team Practice	6 - 8 PM Swim Team Practice	