December 2023 Buhl Club Aquatics Schedule

Aquatics Director - Brandon Cowie bcowie@fhbuhlclub.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						**8AM - 9AM : Lap Swim** 6 Lanes
	9AM - 10AM **Lap Swim**	**9AM : Aqua Therapy**	**9AM - 11AM** **Open Swim** lanes1-3 **Lap Swim** lanes 4-6	**9AM : Aqua Therapy**	**9AM - 10AM** **Lap Swim**	**9AM : Aqua Tabata**
		9:30AM : Aqua Tabata		**9:30AM : Aqua Tabata**		
	10AM - 11AM **Open Swim**				**10AM - 10:45 AM** **Volleyball**	**10AM** **Swim School - Starfish** Ages 6 - 18 Months with Parent
POOL CLOSED Lifeguard Maintenance		**Preschool 1 Swim** **10:45 - 11: 45** POOL CLOSED		**Preschool 2 Swim** **10:45 - 11: 45** POOL CLOSED		**10:30AM** **Swim School - Guppies C** Ages 18 months - 3 years
	11AM - Noon **Aquatic Exercise Class**		**11AM - Noon** **Aquatic Exercise Class**		**11AM - Noon** **Aquatic Exercise Class**	**11AM** **Swim School - Minnows C** Ages 3 - 5 years
11AM - 12:45PM **Open Swim**						**11:30AM - 12:45PM** **Open Swim**
POOL CLOSED After 1PM	**Noon - 3PM** **Lap Swim**					POOL CLOSED After 1PM
Jelly Fish	**3PM - 4:30PM** **Open Swim** lanes 1-6					
Swim Lessons Normal schedule ends Debember 9th. Tuesday Make ups Dec. 12th and 19th Thursday Make ups December 14th	**4:30PM - 6 PM** **Swim Lessons**				**4:30 - 6PM** **Open Swim**	Pool Closed December 21st 4-6pm for Lifeguard Training December 18th 5pm Safe Swim Defense For All Ages
	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		**Mermaids!** **Synchronized Swim** 7pm - 8pm			