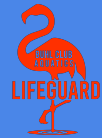







January 1st - 14th 2024 Buhl Club Aquatics Schedule
Aquatics Director - Brandon Cowie bcowie@fhhbuhlclub.org



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
POOL CLOSED Lifeguard Maintenance	9AM - 10AM Lap Swim	9AM : Aqua Therapy	9AM - 11AM Open Swim lanes 1-3 Lap Swim lanes 4-6	9AM : Aqua Therapy	9AM - 10AM Lap Swim	9AM : Aqua Tabata
	10AM - 11AM Open Swim	9:30AM : Aqua Tabata		9:30AM : Aqua Tabata	10AM - 10:45 AM Volleyball	10AM - 11:30AM Lane Swim
11AM - 12:45PM Open Swim	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	11:30AM - 12:45PM Open Swim
	Noon - 3PM Lap Swim					POOL CLOSED After 1PM
3PM - 4:30PM Open Swim lanes 1-6						Pool Closed January 11th 4-6pm for Instructor Training
					4:30PM - 6 PM Lane Swim (This time block will become swim lessons on 1/15/24)	
Jelly Fish 	 6 - 8 PM Swim Team Practice					 6 - 8 PM Swim Team Practice