

Miami Athletic Club Aquatic Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Hours 8:00am-5:45pm	Pool Hours 5:00am-8:15pm	Pool Hours 5:00am-8:15pm	Pool Hours 5:00am-8:15pm	Pool Hours 5:00am-8:15pm	Pool Hours 5:00am-7:45pm	Pool Hours 8:00am-5:45pm
Lap Swim 8:00am-12:00pm	Lap Swim 5:00am-8:55am	Lap Swim 5:00am-8:55am	Lap Swim 5:00am-8:55am	Lap Swim 5:00am-8:55am	Lap Swim 5:00am-8:55am	Lap Swim 8:00am-8:55am
Family/Lap Swim 12:00pm-5:45pm	Shallow Workout 9:00am-10:00am Lisa	Tabata Workout 9:00am-9:30am Carolyn	Shallow Workout 9:00am-9:30am Carolyn	Tabata Workout 9:00am-9:30am Lisa	Shallow Workout 9:00am-10:00am Lisa	Tabata Workout 9:00am-9:30am Carolyn
	Deep Core Workout 10:00am-10:30am Lisa	Deep Workout 9:30am-10:00am Carolyn	Liquid Flex & Flow 9:30am-10:30am Carolyn	Deep Workout 9:30am-10:00am Lisa	Deep Workout 10:00am-10:30am Lisa	Deep Workout 9:30am-10:00am Carolyn
	Lap Swim 10:30am-1:00pm	SilverSplash 10:00am-10:30am Carolyn	Lap Swim 10:30am-1:00pm	SilverSplash 10:00am-10:30am Lisa	Lap Swim 10:30am-1:00pm	Lap Swim 10:00am-2:00pm
	Family/Lap Swim 1:00pm-3:00pm	Arthritis Workout 10:30am-11:00am Carolyn	Family/Lap Swim 1:00pm-3:00pm	Arthritis Workout 10:30am-11:00am Lisa	Family/Lap Swim 1:00pm-3:00pm	Family/Lap Swim 2:00pm-5:45pm
	Lap Swim 3:00pm-6:00pm	Lap Swim 11:00am-1:00pm	Lap Swim 3:00pm-6:00pm	Lap Swim 11:00am-1:00pm	Lap Swim 3:00pm-6:00pm	
	Family/Lap Swim 6:00pm-8:15pm	Family/Lap Swim 1:00pm-6:25pm	Family/Lap Swim 6:00pm-8:15pm	Family/Lap Swim 1:00pm-3:00pm	Family/Lap Swim 6:00pm-7:45pm	
		Shallow Workout 6:30pm-7:00pm Carolyn		Lap Swim 3:00pm-6:00pm		
		Deep Workout 7:00pm-7:30pm Carolyn		Family/Lap Swim 6:00pm-8:15pm		
POOL IS CLOSED DURING CLASSES						
DURING SWIM LESSONS 1 OR 2 LAP LANES WILL BE OPEN FOR LAP SWIM - LESSON TIMES VARY						