





Miramont Indoor Pool | December



Monday			
Class	Availability	Time	Instructor
Lap Swim	L	5:00-6:00 am	
Masters Swim	C	6:00-7:00 am	Carly
Deep H2O Power	C	7:00-8:00 am	Marcia
Lap Swim	L	8:00-9:00 am	
Aqua Intervals	C	9:00-10:00 am	Marcia
Lap Swim	L	10:00-12:00 pm	
Masters Lite	C	12:00-1:00 pm	Sam
Lap Swim	L	1:00-2:00 pm	
Silver Splash	C	2:00-3:00 pm	Marcia
Lap Swim	L	3:00-4:15 pm	
Swim Lessons	C	4:15-5:15 pm	
Swim Team	C	5:15-6:15 pm	
Lap Swim	L	6:15-10:00 pm	
Tuesday			
Class	Availability	Time	Instructor
Lap Swim	L	5:00-6:00 am	
Deep H2O Power	C	7:00-8:00 am	Bethany
Lap Swim	L	8:00-9:00 am	
Silver Splash	C	9:00-10:00 am	Marla
Lap Swim	L	10:00-4:15 pm	
Swim Team	C	4:15-6:15 pm	
Masters Lite	C	6:15-7:15 pm	Curtis
Lap Swim	L	7:15-10:00 pm	
Wednesday			
Class	Availability	Time	Instructor
Lap Swim	L	5:00-6:00 am	
Masters Swim	C	6:00-7:00 am	Carly
Deep H2O Power	C	7:00-8:00 am	Marcia
Lap Swim	L	8:00-9:00 am	
Aqua Intervals	C	9:00-10:00 am	Marcia
Lap Swim	L	10:00-12:00 pm	
Swim Fit	C	12:00-1:00 pm	Sam
Lap Swim	L	1:00-2:00 pm	
Silver Splash	C	2:00-3:00 pm	Marcia
Lap Swim	L	3:00-4:15	
Swim Lessons	C	4:15-5:15	
Swim Team	C	5:15-6:15 pm	
Aqua Intervals	C	6:15-7:15 pm	Marcia
Lap Swim	L	7:15-10:00 pm	

Thursday			
Class	Availability	Time	Instructor
Lap Swim	L	5:00-9:00 am	
Silver Splash	C	9:00-10:00 am	Bethany
Lap Swim	L	10:00-4:15 pm	
Swim Team	C	4:15-6:15 pm	
Masters Lite	C	6:15-7:15 pm	Curtis
Lap Swim	L	7:15-10:00 pm	
Friday			
Class	Availability	Time	Instructor
Lap Swim	L	5:00-6:00 am	
Masters Swim	C	6:00-7:00 am	Carly
Deep H2O Power	C	7:00-8:00 am	Marla
Lap Swim	L	8:00-9:00 am	
Aqua Intervals	C	9:00-10:00 am	Bethany/Marla
Lap Swim	L	10:00-12:00pm	
Masters Lite	C	12:00-1:00 pm	Sam
Lap Swim	L	1:00-2:00 pm	
Silver Splash	C	2:00-3:00 pm	Marcia
Lap Swim	L	3:00-10:00 pm	
Saturday			
Class	Availability	Time	Instructor
Lap Swim	L	6:00-8:00 am	
Swim Fit	C	8:00-9:00 am	Sam
Aqua Intervals	C	9:00-10:00 am	Marcia
Swim Lessons	C	10:00-11:00 am	
Lap Swim	L	11:00-9:00 pm	
Sunday			
Class	Availability	Time	Instructor
Lap Swim	L	7:00am-9:00pm	

-  C = Pool Closed for Class
-  L = Lap swimming
-  C = Class held indoors in case of inclement weather
-  W = Class in swimming well, lap lanes open

Lanes may be shared with private swim lessons during Lap Swim.