

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Deep Water Aquatone 9:00-10:00am (1 lane) Avon Swim Club 5:00-7:00pm (5 lanes) Avon Swim Club 7:00-7:30pm (3 lanes)</p>	<p>5 Shallow Water Aquatone 10:00-11:00am (1 lane) Howard Head 11:30-12:45pm (2 lanes/Dive Well) Avon Swim Club 5:00-7:00pm (5 lanes) Avon Swim Club 7:00-7:30pm (3 lanes)</p>	<p>6 Avon Swim Club 7:00-8:30am (3 lanes) Deep Water Aquatone 9:00-10:00am (1 lane) B.M.H.S. Cross Country Team 4:00-5:00pm (3 Lanes/Dive Well) Avon Swim Club 5:00-7:00pm (5 lanes) Avon Swim Club 7:00-7:30pm (3 lanes)</p>	<p>7 Avon Swim Club 5:00-7:00pm (5 lanes) Avon Swim Club 7:00-7:30pm (3 lanes)</p>	<p>8 Avon Swim Club 6:00-7:15am (3 lanes) Deep Water Aquatone 9:00-10:00am (1 lane) Howard Head 11:30-12:45pm (2 lanes/Dive Well) Avon Swim Club 5:00-7:00pm (5 lanes) Avon Swim Club 7:00-7:30pm (3 lanes)</p>
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Deep Water Aquatone

Instructor: Barb or Marka

Aquatone uses both the deep and shallow areas of the pool to give you a great low-impact workout. The Instructor will use a variety of class formats and equipment to help increase cardiovascular endurance, muscle strength, tone and flexibility.

Class size is limited to 20 participants.

Days: Mondays, Wednesdays and Fridays

Time: 9:00-10:00am

Location: Dive Well and 1 Lap Lane

Shallow Water Aquatone Class

Low/Medium Intensity

Instructor: Marka

This class is for the early riser! Joint Relief Class is an instructor-led class designed to strengthen and tone muscles as well as increase flexibility, balance and coordination to carry out daily tasks more efficiently. This is a great class for those who experience pain associated with arthritis, fibromyalgia, lupus or other joint and muscle conditions.

Days: Tuesdays

Time: 10:00-11:00am

Location: Dive Well and Lazy River



Avon Swim Club

Instructor: Meghan Hershey

The Avon Swim Team Programs seek to provide both recreational and competitive swim opportunities by offering high quality professional coaching and technique instruction for all ages and abilities. It is our objective to provide every swimmer an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to national competitor. Our coaches will ensure that time spent in swimming will be quality and productive time.

Days/Times: Please check the Aquatics Schedule for days and times.

Location: 3 Lap Lanes

Scuba Diving

Instructor: Beaver Divers

Pool sessions for the Open Water Diver certification course. Pool sessions are on Saturday and Sunday at the Avon Recreation Center from noon-3:30 on both days. The academic portion of the course is taken on-line, and the four open water dives are completed in Utah at The Crater. Open Water dives may also be completed anywhere in the world with a referral from Beaver Divers.

Day/Times: Saturdays and Sundays: 12:30-3:30pm

Location: Dive Well



Days: Tuesdays and Fridays

Times: 11:30-12:45pm

Locations: Dive Well and 2 Lap Lanes

