

# November

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Pool schedule is subject to change without notice*</b></p> <p style="text-align: center;"><b><u>Aquatics Notes</u></b></p> <ul style="list-style-type: none"> <li>There is no Lap Swimming when 5 lanes are being utilized.</li> </ul> <p style="text-align: right;"><i>Last Updated: 11/1517</i></p>		<p>1  <b>Avon Swim Club</b>            7:00-8:30am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>B.M.H.S. Gym Class</b>            2:00-3:00pm (3 lanes)  <b>B.M.H.S. Cross Country Team</b>            4:00-5:00pm (3 Lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>2  <b>B.M.H.S. Gym Class</b>            11:50am-1:00pm (3 lanes)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>3  <b>Avon Swim Club</b>            6:00-7:15am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)  <b>Avon Swim Club</b>            7:00-7:30pm (3 lanes)</p>
<p>6  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>7  <b>Shallow Water Aquatone</b>            10:00-11:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>8  <b>Avon Swim Club</b>            7:00-8:30am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>B.M.H.S. Gym Class</b>            2:00-3:00pm (3 lanes)  <b>B.M.H.S. Cross Country Team</b>            4:00-5:00pm (3 Lanes/Dive Well)  <b>Rec Center Closing at 5:00pm</b></p>	<p>9  <b>B.M.H.S. Gym Class</b>            11:50am-1:00pm (3 lanes)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>10  <b>Avon Swim Club</b>            6:00-7:15am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)  <b>Avon Swim Club</b>            7:00-7:30pm (3 lanes)</p>
<p>13  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>14  <b>Shallow Water Aquatone</b>            10:00-11:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>15  <b>Avon Swim Club</b>            7:00-8:30am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>B.M.H.S. Gym Class</b>            2:00-3:00pm (5 lanes)  <b>B.M.H.S. Cross Country Team</b>            4:00-5:00pm (5 Lanes)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>16  <b>B.M.H.S. Gym Class</b>            10:15-11:15am (3 lanes)  <b>B.M.H.S. Cross Country Team</b>            4:00-5:00pm (3 Lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>17  <b>Avon Swim Club</b>            6:00-7:15am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)  <b>Avon Swim Club</b>            7:00-7:30pm (3 lanes)</p>
<p>20  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>21  <b>Shallow Water Aquatone</b>            10:00-11:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>22  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)</p>	<p style="text-align: center;"><b>Closed For Thanksgiving</b></p> 	<p>24  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)</p>
<p>27  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>28  <b>Shallow Water Aquatone</b>            10:00-11:00am (1 lane)  <b>Howard Head</b>            12:00-1:00pm (2 lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>29  <b>Avon Swim Club</b>            7:00-8:30am (3 lanes)  <b>Deep Water Aquatone</b>            9:00-10:00am (1 lane)  <b>B.M.H.S. Cross Country Team</b>            4:00-5:00pm (3 Lanes/Dive Well)  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	<p>30  <b>Avon Swim Club</b>            5:00-7:00pm (5 lanes)            7:00-7:30pm (3 lanes)</p>	



**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:** 12:00-1:00pm

**Locations:** Dive Well and 2 Lap Lanes