

APRIL 2018

AQUATICS SCHEDULE

SUN 12-7pm	MON 6am-8pm	TUE 6am-8pm	WED 6am-8pm	THU 6am-8pm	FRI 6am-8pm	SAT 8am-8pm
1 Open Swim 12:00pm-7:00pm	2 Deep Water Aquatone 9:00-10:00am (1 lane/dive well)	3 Shallow Water Aquatone 10:00-11:00am (1 lane) Howard Head 12:00-1:00pm (2 lanes/dive well)	4 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) BMHS Track Team 4:00-5:00pm (2 lap lanes/dive well)	5 Lap Swimming 6:00am-8:00pm Open Swim 9:00am-8:00pm	6 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Howard Head 12:00-1:00pm (2 lanes/dive well) Special Olympics 5:00-7:00pm (3 lanes) Alpine Quest Kayak 12:00-2:00pm (5 lanes) <i>NO LAP SWIMMING AVAILABLE, 12-2pm</i>	7 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane) Beaver Divers Scuba 12:30-3:30pm (2 lap lanes/dive well)
8 Open Swim 12:00pm-7:00pm Beaver Divers Scuba 12:30-3:30pm (2 lap lanes/dive well)	9 Deep Water Aquatone 9:00-10:00am (1 lane/dive well)	10 Shallow Water Aquatone 10:00-11:00am (1 lane) Howard Head 12:00-1:00pm (2 lanes/dive well)	11 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) BMHS Track Team 4:00-5:00pm (2 lap lanes/dive well)	12 Lap Swimming 6:00am-8:00pm AES Swim Lessons 1:30-2:30pm (3 lanes) Open Swim 9:00am-8:00pm	13 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Beaver Divers Scuba 11:30am-2:30pm (2 lanes/dive well) Alpine Quest Kayak 10am-11:30am & 12-2pm Howard Head 12:00-1:00pm (2 lanes/dive well) <i>NO LAP SWIMMING AVAILABLE, 10-11:30a or 12-2pm</i> Special Olympics 5:00-7:00pm (3 lanes)	14 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane) Beaver Divers Scuba 12:30-3:30pm (2 lap lanes/dive well)
15 Open Swim 12:00pm-7:00pm Beaver Divers Scuba 12:30-3:30pm (2 lap lanes/dive well)	16 Deep Water Aquatone 9:00-10:00am (1 lane/dive well)	17 Shallow Water Aquatone 10:00-11:00am (1 lane) Howard Head 12:00-1:00pm (2 lanes/dive well)	18 Avon Swim Club 7:00-8:30am (3 lanes) Deep Water Aquatone 9:00-10:00am (1 lane/dive well) BMHS Track Team 4:00-5:00pm (2 lanes/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes) Alpine Quest Kayak 7:00-8:00pm (5 lanes) <i>NO LAP SWIMMING AVAILABLE, 7-8p</i>	19 Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	20 Avon Swim Club 6:00-7:15am (3 lanes) Beaver Divers Scuba 8:00-11:00am (2 lanes/dive well) Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Alpine Kayak 10-11:30am (5 lanes) <i>NO LAP SWIMMING AVAILABLE, 10-11:30a</i> Beaver Divers Scuba 12pm-3pm (2 lap lanes/dive well) Howard Head 12:00-1:00pm (2 lanes/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	21 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane)
22 Open Swim 12:00pm-7:00pm	23 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	24 SUP HIIT 6:30-7:30am (3 lanes) Beaver Divers Scuba 8:00-10:00am (Dive Well) Shallow Water Aquatone 10:00-11:00am (1 lane) Howard Head 12-1pm (2 lanes/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	25 Avon Swim Club 7:00-8:30am (3 lanes) Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	26 SUP HIIT 6:30-7:30am (3 lanes) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	27 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Howard Head 12:00-1:00pm (2 lanes/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	28 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane)
29 Open Swim 12:00pm-7:00pm	30 Deep Water Aquatone 9:00-10:00am (1 lane/dive well) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)	<p>Lap Swimming is available throughout the day during the above pool hours. There is no Lap Swimming when 5 lanes are being utilized. The Diving Board and Climbing Wall are closed when the dive well is being utilized. The Slide & Water Features turn on at 10:00am, Monday-Saturday and at 12:00pm on Sundays. Programmed Swim Lessons will utilize parts of the Slide, River and Leisure Pools on Tuesdays and Thursdays from 4:30-6:15pm and on Saturdays from 9:00-10:45am. *Pool schedule is subject to change without notice*</p>				Last Updated: 4/11/18



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: 1 Lap Lane and Lazy River



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: 3-5 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: 2 lap lanes and Dive Well



Avon Swim Club



POOL SAFETY BREAKS

- Safety Breaks are 10 minutes in length and are called at the top or bottom of the hour.
- The leisure pool, slide, lazy river and dive well will be closed for use during a Safety Break.
- Adults who are in the jacuzzi or exercising are permitted to continue using the pool area but otherwise are asked to exit the water.
 - All children must exit all pools during a Safety Break.

Safety Break Schedule

Saturdays/Weekdays while school is not in session; 12pm, 2pm, 4pm & 6pm

Sundays; 2pm, 4pm & 5:30pm