

JANUARY 2018

AQUATICS SCHEDULE

SUN 12-7pm	MON 6am-8pm	TUE 6am-8pm	WED 6am-8pm	THU 6am-8pm	FRI 6am-8pm	SAT 8am-8pm
<p><i>Saturday, December 30</i></p> <p>Open Swim 9:00am-8:00pm</p> <p><i>Sunday, December 31</i></p> <p>Open Swim 12:00pm-7:00pm</p>	<p>1 <u>New Year's Day</u> <u>Pool Hours:</u></p> <p>Open Swim 10:00am-8:00pm</p>	<p>2 High School Swim Club 6:00-7:30am (3 lanes) Shallow Water Aquatone 10:00-11:00am (1 lane) 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)</p>	<p>3 Avon Swim Club 7:00-8:30am (3 lanes) 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)</p>	<p>4 High School Swim Club 6:00-7:30am (3 lanes) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)</p>	<p>5 Avon Swim Club 6:00-7:15am (3 lanes) 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)</p>	<p>6 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane)</p>
<p>7 Open Swim 12:00pm-7:00pm</p>	<p>8 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>	<p>9 High School Swim Club 6:00-7:30am (3 lanes) Shallow Water Aquatone 10:00-11:00am (1 lane) 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)</p>	<p>10 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)</p>	<p>11 High School Swim Club 6:00-7:30am (3 lanes) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)</p>	<p>12 Avon Swim Club 6:00-7:15am (3 lanes) 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)</p>	<p>13 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)</p>
<p>14 Open Swim 12:00pm-7:00pm Beaver Divers Scuba 12:30-3:30pm (2 lap lanes/dive well)</p>	<p>15 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>	<p>16 High School Swim Club 6:00-7:30am (3 lanes) Shallow Water Aquatone 10:00-11:00am (1 lane) 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)</p>	<p>17 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)</p>	<p>18 High School Swim Club 6:00-7:30am (3 lanes) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)</p>	<p>19 Avon Swim Club 6:00-7:15am (3 lanes) 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)</p>	<p>20 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane)</p>
<p>21 Open Swim 12:00pm-7:00pm</p>	<p>22 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>	<p>23 High School Swim Club 6:00-7:30am (3 lanes) Shallow Water Aquatone 10:00-11:00am (1 lane) 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)</p>	<p>24 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)</p>	<p>25 High School Swim Club 6:00-7:30am (3 lanes) Avon Swim Club 5:00-7:00pm (5 lanes) 7:00-7:30pm (3 lanes)</p>	<p>26 Avon Swim Club 6:00-7:15am (3 lanes) 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)</p>	<p>27 Open Swim 9:00am-8:00pm Swim Lessons 10:00-11:00am (1 lap lane)</p>
<p>28 Open Swim 12:00pm-7:00pm</p>	<p>29 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>	<p>30 High School Swim Club 6:00-7:30am (3 lanes) Shallow Water Aquatone 10:00-11:00am (1 lane) 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)</p>	<p>31 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)</p>	<ul style="list-style-type: none"> • 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 opens 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

Last Updated: 12/29/17



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: 2 lap lanes and Dive Well



Days: Tuesdays and Fridays

Times: 12:00-1:00pm

Locations: Dive Well and 2 Lap Lanes

