

# Aquatics Center Schedule



AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 am	Aqua Fitness		Aqua Fitness				
8:00 am						Aqua Fitness	
8:30am		Aqua Arthritis			Aqua Kick		
9:15am	Aqua Fitness		Aqua Fitness		Aqua Arthritis		
9:30am		Aqua Zumba		Aqua Fitness			
6:15pm	Aqua Fitness			Aqua Fitness			
PROGRAMS	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 am		Lap Swim 6-8am		Lap Swim 6-8am			
9:00am						Swim Lessons 9am -12:45	
12:00pm				Avon High School 11am -12pm	Favarh 11am -12pm	Family Swim 12:30-3pm	Family Swim 12- 3pm
2:00pm			Creative Development 2-4pm		Creative Development 2-4pm		
4:00pm	Swim Lessons 4-6pm				Swim Lessons 4-6pm		
5:00pm	Jaws	Stroke Clinic 5 – 5:45pm	Swim Lessons 5-7pm				

100 Simsbury Road Avon CT ▪ 860-284-1190 ▪ [www.healthtrax.com](http://www.healthtrax.com)

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-5:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-1:00pm / Monday-Thursday 4:30-7:30pm

\*\*1 lap lane available during aqua classes, if attendance is over 25, instructor will decide the need to take down the la

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