

Crawfish Aquatics

Year Round, Masters & Water Aerobics

Practice Times for 2011-2012

Summer Schedule will begin at the end of May TBA

Swim School:

Monday, Wednesday & Friday: 4:45-5:30PM

Saturday: 9:00-10:00AM

Green group:

Mon, Wed & Friday: 3:30-4:30 or 4:45-5:45 or 6:00-7:00PM

Saturday: 9:00-10:00AM

Yellow group:

Mon, Wed & Friday: 3:30-4:30 or 6:00-7:00PM

Saturday: 9:00-10:00AM

White group:

Monday, Tuesday, Wednesday, Thursday & Friday: 5:00-6:30PM

Saturday: 7:00-9:00AM

Land workouts: Tuesday and Thursday 4:00-5:00PM before we swim

Red & Blue group:

Monday, Tuesday, Wednesday, Thursday & Friday: 4:30-6:30PM

Saturday: 7:00-9:00AM

Land workouts: Tuesday and Thursday 4:00-5:00PM before we swim

Masters group:

Monday, Wednesday & Friday: 5:30-7:00AM

Tuesdays & Thursdays: 6:30-7:30PM

Water Aerobics:

Monday, Wednesday & Friday: 8:30-9:30AM

Tuesdays & Thursdays: 8:30-9:30AM (Open pool time)

