

# FEBRUARY 2012 AQUAFIT MASTERS SCHEDULE

\*\*Regularly check the AquaFit "Schedule & News" website section for updates\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 JANUARY  9:00-10:30AM workout *9:00AM-11:15AM <i>Triathlon &amp; Open Water Swimming Skills Clinic</i> *9:15AM-12:15PM <i>Backstroke Clinic</i>	30 JANUARY  SWIM 6:00-7:30AM 3 x LC Meter lanes  SWIM 7:30-9:00AM 1SCM+2LCM lanes	31 JANUARY  SWIM 7:00-8:15PM 2LCM+2SCM lanes  <i>Newbie Tryout &amp; Enrollment Day</i>	1 FEBRUARY  SWIM 6:00-7:30AM SWIM 7:30-9:00AM 3 x LC Meter lanes SPIN class 6:30PM CORE class 7:30PM <i>Newbie Tryout Day</i>	2 FEBRUARY  <i>NO evening workout</i> <i>Facility special event</i>	3 FEBRUARY  SWIM 6:00-7:30AM 6x SCM/SCY lanes SWIM 7:30-9:00AM 5 x Yard lanes <i>Newbie Tryout &amp; Enrollment Day</i>	4 FEBRUARY  SPIN class 7:00AM CORE class 8:00AM
5 FEBRUARY  <i>NO AM swim workout</i> <i>Facility special events throughout the day</i>	6  SWIM 6:00-7:30AM 6x SCM/SCY lanes SWIM 7:30-9:00AM 5 x Yard lanes <i>Newbie Tryout &amp; Enrollment Day</i>	7  SWIM 6:45-8:00PM 4 x SC Meter lanes	8  SWIM 6:00-7:30AM 6x SCM/SCY lanes SWIM 7:30-9:00AM 5 x Yard lanes SPIN class 6:30PM CORE class 7:30PM	9  SWIM 6:30-7:45PM 4 x SC Meter lanes	10  SWIM 6:00-7:30AM 6x SCM/SCY lanes  SWIM 7:30-9:00AM 5 x Yard lanes	11 FEBRUARY  SPIN class 7:00AM CORE class 8:00AM
12 FEBRUARY  <i>NO AM swim workout</i> <i>Facility special events</i>  <i>Masters Yard Swim Meet at C. W. Post</i>	13  SWIM 6:00-7:30AM 6x SCM/SCY lanes  SWIM 7:30-9:00AM 5 x Yard lanes	14  SWIM 6:45-8:00PM 4 x SC Meter lanes  <i>Happy Valentine's Day</i>	15  SWIM 6:00-7:30AM 6x SCM/SCY lanes SWIM 7:30-9:00AM 5 x Yard lanes SPIN class 6:30PM CORE class 7:30PM	16  SWIM 6:30-7:45PM 4 x SC Meter lanes	17  SWIM 6:00-7:30AM 6x SCM/SCY lanes  SWIM 7:30-9:00AM 5 x Yard lanes	18 FEBRUARY  SPIN class 7:00AM CORE class 8:00AM
19 FEBRUARY  SWIM 9:00-10:30AM 7-8 x Yard lanes	20  SWIM 7:30-9:00AM 6-7 x Yard lanes  <i>Federal Holiday</i> <i>Presidents' Day</i>	21  SWIM 6:45-8:00PM 4 x SC Meter lanes	22  SWIM 6:00-7:30AM 6x SCM/SCY lanes SWIM 7:30-9:00AM 5 x Yard lanes SPIN class 6:30PM CORE class 7:30PM	23  SWIM 6:30-7:45PM 4 x SC Meter lanes	24  SWIM 6:00-7:30AM 6x SCM/SCY lanes  SWIM 7:30-9:00AM 5 x Yard lanes	25 FEBRUARY  SPIN class 7:00AM CORE class 8:00AM
26 FEBRUARY  SWIM 9:00-10:30AM 7-8 x Yard lanes	27  SWIM 6:00-7:30AM 3 x LCM lanes  SWIM 7:30-9:00AM 1SCM+2LCM lanes	28  SWIM 7:00-8:15PM 2LCM+2SCM lanes	29 FEBRUARY  SWIM 6:00-7:30AM 3 x LC Meter lanes SWIM 7:30-9:00AM 1SCM+2LCM lanes SPIN class 6:30PM CORE class 7:30PM	1 MARCH	2 MARCH	3 MARCH