



Le Mars Indoor Aquatic Center March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color Code open swim lap swim group water fitness group swim lessons toddler swim swim team practice					1 6-7:30am lap swim	2 12-1pm lap swim 1-4pm Open Swim
3 2-5:30pm Open Swim	4 6-7:30am lap swim 9am-1pm lap swim 9-9:45am Aqua Groove 4-7pm lap swim	5 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Deep Water	6 6-7:30am lap swim 9am-12pm lap swim 4-7pm lap swim 5-5:45pm Aqua Fit	7 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Aqua Interval	8 6-7:30am lap swim 4-7pm Open Swim	9 12-1pm lap swim 1-4pm Open Swim
10 2-5:30pm Open Swim	11 6-7:30am lap swim 9am-12pm lap swim 9-9:45am Aqua Groove 4-7pm lap swim	12 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Deep Water	13 6-7:30am lap swim 9am-1pm lap swim 9-9:45am Aqua Groove 2-5pm Open Swim 5-7pm lap swim 5-5:45pm Aqua Fit	14 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Aqua Interval	15 6-7:30am lap swim 4-7pm Open Swim	16 12-1pm lap swim 1-4pm Open Swim
17 2-5:30pm Open Swim	18 6-7:30am lap swim 9am-1pm lap swim 9-9:45am Aqua Groove 4-7pm lap swim	19 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Deep Water	20 6-7:30am lap swim 9am-1pm lap swim 9-9:45am Aqua Groove 4-7pm lap swim 5-5:45pm Aqua Fit	21 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Aqua Interval	22 6-7:30am lap swim 4-7pm Open Swim	23 12-1pm lap swim 1-4pm Open Swim
24/31 2-5:30pm Open Swim	25 6-7:30am lap swim 9am-1pm lap swim 9-9:45am Aqua Groove 4-7pm lap swim	26 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Deep Water	27 6-7:30am lap swim 9am-1pm lap swim 9-9:45am Aqua Groove 4-7pm lap swim 5-5:45pm Aqua Fit	28 9am-1pm lap swim 11am-noon toddler swim 4-7pm lap swim 5:45-6:30pm Aqua Interval	29 6-7:30am lap swim 4-7pm Open Swim	30 12-1pm lap swim 1-4pm Open Swim

Water Walking - The flow channel is available for water walking during lap swim and swim team practice when the flow channel is not being used by a fitness class.