

# Sussex Academy Aquatic Center

Tentative

# SEPTEMBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
	All classes will be held in lanes 1-3. If there are two classes at the same time, the other class will take place in lanes 7-8.	<b>PLEASE call us BEFORE attending our NEW Aqua Classes to verify what date they are starting.</b>	<i>This schedule is subject to change due to pool usage. We reserve the right to adjust lanes as needed.</i>	<b>Lap Swim and Open Swim is available during ALL of our hours of operation in any of the lanes not being used as noted on the calendar.</b>	(302) 856-7805 www.sussexacademy.org aquatics@saas.k12.de.us	<b>Open @ 7:00am Close @ 5:00pm</b>
3	4	5	6	B	7	8
<b>POOL CLOSED</b> LABOR DAY		Cheer Classes 10:30-11:30 Lessons 4:30-6:30	Tabata 9:00-9:45 Pump N Power 10:00-10:45 CHEER Open Swim 10:30-11:30 SAAS Swim 11:50-1:20	CHEER Classes 10:30-11:30 Lessons 4:30-6:30	SAAS Swim 11:50-1:20	Lessons 9:00-12:00 <b>Opens @ 7:00am Close @ 5:00pm</b>
10	11	12	B	13	14	B
CLOSED	<b>Aqua Core</b> 8:00-8:45 Tabata 9:00-9:45 Pump N Power 10:00-10:45 Low Impact 11:00-11:45 Tabata 5:30-6:15	<b>H2O Yoga+Walking</b> 8:30-9:30 Little Fish Fun Time 9:00 <b>Oodles of Noodles</b> 9:30-10:30 CHEER Classes 10:30-11:30 SAAS Swim 11:50-1:20 Lessons 4:30-6:30	<b>Aqua Core</b> 8:00-8:45 Tabata 9:00-9:45 Pump N Power 9:45-10:30 CHEER Open Swim & Aqua Classes 10:30-11:30 Adult Lessons 11:30-12:30 Tabata 5:30-6:15	<b>H2O Yoga+Walking</b> 8:30-9:30 Little Fish Fun Time 9:00 <b>Oodles of Noodles</b> 9:30-10:30 CHEER Classes 10:30-11:30 SAAS Swim 11:50-1:20 Lessons 4:30-6:30	<b>Aqua Core</b> 8:00-8:45 Low Impact 11-11:45	Lessons 9:00-12:00 <b>Opens@ 7:00am Close @ 5:00pm</b>
17	18	B	19	B	20	B
CLOSED	<b>Aqua Core</b> 8:00-8:45 Tabata 9:00-9:45 Pump N Power 10:00-10:45 Low Impact 11:00-11:45 Tabata 5:30-6:15	<b>H2O Yoga+</b> 8:30-9:30 Little Fish Fun Time 9:00 <b>Oodles of Noodles</b> 9:30-10:30 CHEER Classes 10:30-11:30 Lessons 4:30-6:30	<b>Aqua Core</b> 8:00-8:45 Tabata 9:00-9:45 Pump N Power 9:45-10:30 CHEER Open Swim & Aqua Classes 10:30-11:30 Adult Lessons 11:30-12:30 Tabata 5:30-6:15	<b>H2O Yoga+</b> 8:30-9:30 Little Fish Fun Time 9:00 <b>Oodles of Noodles</b> 9:30-10:30 CHEER Classes 10:30-11:30 Lessons 4:30-6:30	<b>Aqua Core</b> 8:00-8:45 <b>Arthritis+</b> 9:00-9:45 <b>Low Impact</b> 11-11:45 SAAS Swim 11:50-1:20 <b>DATE NIGHT POOL PARTY</b> 5-9:00pm	Lessons 9:00-12:00 <b>Opens@ 7:00am Close @ 5:00pm</b>
24	25	26	B	27	28	B
CLOSED	<b>Aqua Core</b> 8:00-8:45 Tabata 9:00-9:45 Pump N Power 10:00-10:45 Low Impact 11:00-11:45 Tabata 5:30-6:15	<b>H2O Yoga+</b> 8:30-9:30 Little Fish Fun Time 9:00 <b>Oodles of Noodles</b> 9:30-10:30 CHEER Classes 10:30-11:30 SAAS Swim 11:50-1:20 Lessons 4:30-6:30	<b>Aqua Core</b> 8:00-8:45 Tabata 9:00-9:45 Pump N Power 9:45-10:30 CHEER Open Swim & Aqua Classes 10:30-11:30 Adult Lessons 11:30-12:30 Tabata 5:30-6:15	<b>H2O Yoga+</b> 8:30-9:30 Little Fish Fun Time 9:00 <b>Oodles of Noodles</b> 9:30-10:30 CHEER Classes 10:30-11:30 SAAS Swim 11:50-1:20 Lessons 4:30-6:30	<b>Aqua Core</b> 8:00-8:45 <b>Arthritis+</b> 9:00-9:45 <b>Low Impact</b> 11:00-11:45	Lessons 9:00-12:00 <b>Opens@ 7:00am Close @ 5:00pm</b>
	<b>AQUA CLASSES</b> Please visit our website or contact Maria at (302) 856-7805 for descriptions and more information about our fall aqua classes.	<b>FALL PROGRAMS</b> <b>Little Fish Fun Time:</b> Fun time in the water for toddlers and preschool aged children. <i>Contact Maria at (302) 856-7805 for more information.</i>		<b>Fall Session I: September 5-October 24 Tuesday Night</b> 4:30-5:00 Mom/Dad & Me 5:00-5:30 Level 1, Level 3 5:30-6:00 Level 2, Level 4 6:00-6:30 Level 1, Level 6	<b>Fall Session I: September 7-October 26 Thursday Night</b> 4:30-5:00 Mom/Dad & Me 5:00-5:30 Level 1, Level 3 5:30-6:00 Level 2, Level 4 6:00-6:30 Level 1, Level 6	<b>Fall Session I: September 9-October 28 Saturday Mornings</b> 9:00-9:30 Mom/Dad & Me 9:30-10:00 Level 1 10:00-10:30 Level 2 10:30-11:00 Level 3 11:00-11:30 Level 4 11:30-12:00 Level 5

**HOURS:**

**Monday - Friday: 6am-7pm**

**Saturday: 7am-5pm**

**Sunday: CLOSED**

\*Cheer Members (uses 3 Open Swim Lanes) \*SAAS Swim uses Lanes 6, 7 & 8. *Aquatics Coordinator: Maria Edgerton Reed* [maria.edgerton@saas.k12.de.us](mailto:maria.edgerton@saas.k12.de.us) Sussex Academy Aquatic Center 21150 Airport Rd, Georgetown, DE 19947