

5:30AM **Begins at 5:45 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

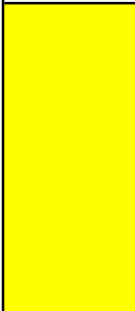
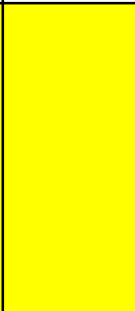
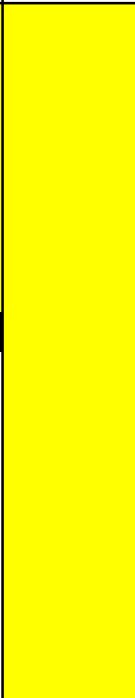

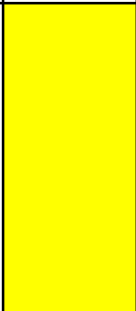
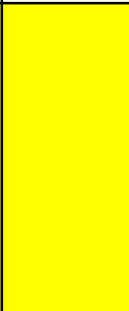








6:00 AM





Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	

 Masters





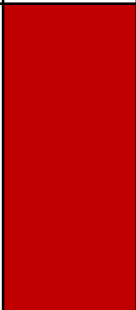









 Aqua Class


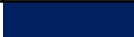
6:30AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

 NBAC
 Masters
 Lessons
 Aqua Class

7:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6





 NBAC
 Lessons

 Masters

 Aqua Class

7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Red	Red	Red	White	Red	Red
White	White	Red	White	White	White
Lane 1	Lane 2			Lane 3	Lane 4

 NBAC
 Masters
 Lessons
 Aqua Class

8:00 AM


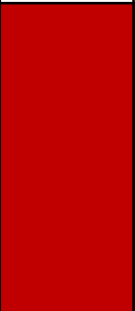






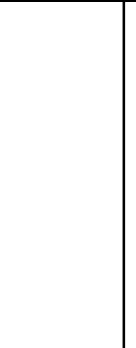

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Red	Red	Red	White	Red	Red
White	White	Red	White	White	White
Lane 1	Lane 2			Lane 3	Lane 4


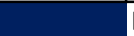


 NBAC
 Lessons

 Masters


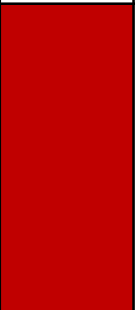
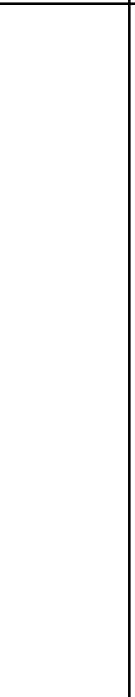





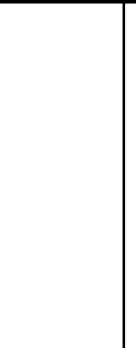

 Aqua Class



8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

9:00 AM


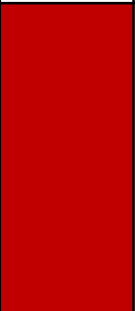
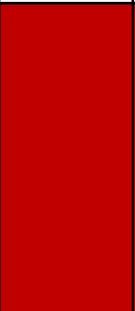





Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					





Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	

 Masters


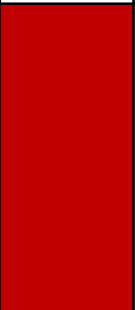
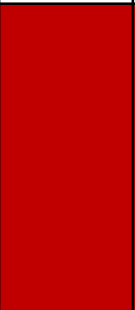





 Aqua Class



10:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

 NBAC
 Masters
 Lessons
 Aqua Class

11:00 AM



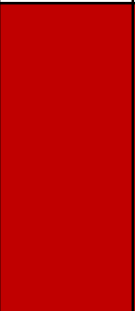





Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6





 NBAC
 Lessons

 Masters







 Aqua Class


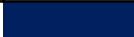
11:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

 NBAC
 Masters
 Lessons
 Aqua Class

12:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

 NBAC
 Lessons

 Masters

 Aqua Class