

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
Yellow	Yellow	Yellow	White	Yellow	Yellow
Black				Black	
White	White	Yellow	White	White	White
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Red	NBAC		Dark Blue	Lessons	
Yellow	Masters		Green	Aqua Class	

7:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Yellow	Yellow	Yellow	White	Yellow	Yellow
Black				Black	
White	White	Yellow	White	White	White
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Red	NBAC		Dark Blue	Lessons	
Yellow	Masters		Green	Aqua Class	

7:30 AM Until 7:45 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	

8:00 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	

8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black bar]				[Black bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red bar]	NBAC		[Blue bar]	Lessons	
[Yellow bar]	Masters		[Green bar]	Aqua Class	

9:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black bar]				[Black bar]	
[Green bar]					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red bar]	NBAC		[Blue bar]	Lessons	
[Yellow bar]	Masters		[Green bar]	Aqua Class	

9:30 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
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NBAC  
Masters

  


Lessons  
Aqua Class

10:00 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
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NBAC  
Masters

  


Lessons  
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			Lessons	
	Masters			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
[Black Bar]				[Black Bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red Bar]	NBAC		[Dark Blue Bar]	Lessons	
[Yellow Bar]	Masters		[Green Bar]	Aqua Class	

12:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black Bar]				[Black Bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red Bar]	NBAC		[Dark Blue Bar]	Lessons	
[Yellow Bar]	Masters		[Green Bar]	Aqua Class	

12:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black Bar]				[Black Bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red Bar]	NBAC		[Blue Bar]	Lessons	
[Yellow Bar]	Masters		[Green Bar]	Aqua Class	

1:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black Bar]				[Black Bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red Bar]	NBAC		[Blue Bar]	Lessons	
[Yellow Bar]	Masters		[Green Bar]	Aqua Class	



1:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black Bar]				[Black Bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red Bar]	NBAC		[Dark Blue Bar]	Lessons	
[Yellow Bar]	Masters		[Green Bar]	Aqua Class	

2:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black Bar]				[Black Bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red Bar]	NBAC		[Dark Blue Bar]	Lessons	
[Yellow Bar]	Masters		[Green Bar]	Aqua Class	

2:30 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	

3:00 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	

3:30 PM **3:45 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	

4:00 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	

4:30 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	

5:00 PM Lane 2 Shallow beginning at 5:20 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	

5:30 PM **Until 5:45 PM**

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

NBAC  
 Masters  
 Lessons  
 Aqua Class

6:00 PM

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

NBAC  
 Masters  
 Lessons  
 Aqua Class

6:30 PM Lane 2 Shallow until 6:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Solid Dark Blue]				[Solid Black]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Solid Red]	NBAC		[Solid Dark Blue]	Lessons	
[Solid Yellow]	Masters		[Solid Green]	Aqua Class	

7:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Solid Dark Blue]				[Solid Black]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Solid Red]	NBAC		[Solid Dark Blue]	Lessons	
[Solid Yellow]	Masters		[Solid Green]	Aqua Class	

7:30 PM **Until 7:20 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
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NBAC			Lessons		
Masters			Aqua Class		