

NLRAC Aquatics Programming and Lap Lane Availability

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
9:00 AM	Aquafit	Aquafit	Aquafit	Aquafit	Aquafit	Swim Lessons	
10:00 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Aquafit	
11:00 AM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
12:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
1:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
2:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
3:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
4:00 PM	Swim Lessons	Swim Lessons & Swim Team 4:15-5:30p	Swim Lessons	Swim Lessons & Swim Team 4:15-5:30p	Swim Lessons	Swim Lessons	Swim Lessons
5:00 PM	Swim Lessons		Swim Lessons		Swim Lessons	Swim Lessons	Swim Lessons
6:00 PM	Swim Lessons	Swim Lessons & Aquafit	Swim Lessons	Swim Lessons & Aquafit	Swim Lessons	Swim Lessons	Swim Lessons
7:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
8:00 PM							
9:00 PM							
10:00 PM							

Swim Lessons can be scheduled at any point during the day, this does not guarantee that there will be a lesson going on at all times.

Swim Team practice is held in the two lanes.

Aquafit class is held in the open half of the pool. May also take one lap lane if class is larger than 12 members.



North Little Rock

Athletic Club