



# FAMILY LIFE FITNESS CENTER

## Aquatics Schedule

### October 2025

**QUESTIONS?** CONTACT COACH BRILEY PENNER AT [BPENNER@ENFINITYFIT.COM](mailto:BPENNER@ENFINITYFIT.COM).

#### AVAILABLE PROGRAMMING:

REGISTER FOR SWIM LESSONS & SWIM TEAM AT  
[WWW.ENFINITYSWIM.CAPTYN.COM](http://WWW.ENFINITYSWIM.CAPTYN.COM)

- Open + Lap Swim (No Registration Required)
- Swim Lessons (Registration Required)
- Enfinity Aquatic Club (Registration Required)
- Water Aerobics Classes - Coming Soon

#### Aquatics Guidelines:

- Aquatics staff have final say on all pool rules and guidelines. No exceptions.
- All children ages 12 & Under must have an adult present and complete swim testing requirement before using the pool.
- No patrons are permitted to use the pool without a certified Lifeguard or Deck Supervisor present.
- Lap Swim lanes are reserved for continuous movement such as swimming or water walking (no stationary exercises).

|                         | LANE 1                | LANE 2 | LANE 3 | LANE 4           | LANE 5       |
|-------------------------|-----------------------|--------|--------|------------------|--------------|
| MONDAY/WEDNESDAY/FRIDAY |                       |        |        |                  |              |
| 6:30AM – 7:00AM         | EAC SWIM TEAM         |        |        |                  | LAP SWIM     |
| 7:00AM – 8:00AM         | EAC MASTERS SWIM TEAM |        |        |                  |              |
| 3:30PM – 7:30PM         | EAC SWIM TEAM         |        |        |                  | SWIM LESSONS |
| TUESDAY/THURSDAY        |                       |        |        |                  |              |
| 9AM – 12PM              | LAP SWIM              |        |        | OPEN/FAMILY SWIM |              |
| 3:30PM – 7:30PM         | EAC SWIM TEAM         |        |        |                  | SWIM LESSONS |
| SATURDAY                |                       |        |        |                  |              |
| 7AM – 9:30AM            | EAC SWIM TEAM         |        |        |                  |              |
| 9:30AM – 12:00PM        | SWIM LESSONS          |        |        |                  |              |