



# August Schedule

Monday, Wednesday & Friday

Lap Swim - 7am to 8am

No registration required, spots limited

Aqua Aerobics - 8:15am to 9:15am

Register online for Aqua Aerobics, spots limited

BMHS Swim Team

Starting August 17th

Monday through Friday

2:45pm to 5:45pm



For more information or to register for aqua aerobics

Call Mountain Valley Splash at 928-775-3165