



WEEK AT A GLANCE - SUMMER 23
RUNS May 30th – September 4th
ALL CLASSES SUBJECT TO CHANGE
CALL OR USE THE APP TO SIGN UP

MONDAY	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	Water Walking/Lap Swimming
	11:15-11:45AM	Swimming Lessons
	12:00-1:00PM	Water Walking/Lap Swimming
	1:00-2:00PM	ALS/MS Water Walking Time
	2:15-3:15PM	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-7:30PM	Yoga (Style May Vary - See facebook events for details, dates and types)
	8:00-8:45pm	Meditation (Style May Vary - See facebook events for details, dates and types)
Tuesday	9:00-9:50AM	Aquatic Aerobics
	10:00AM-12:30PM	Swimming Lessons
	1:00-2:00PM	Water Walking/Lap Swimming
	2:15-3:15PM	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-8:00PM	Water Walking/Lap Swimming
Wednesday	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	Water Walking/Lap Swimming
	11:15-11:45AM	Swimming Lessons
	12:00-1:00PM	Water Walking/Lap Swimming
	1:15-2:15PM	In Water Pilates
	2:15-3:15PM	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-7:30PM	Yoga (Style May Vary - See facebook events for details, dates and types)

Thursday	9:00-9:50AM	Aquatic Aerobics
	10:00AM-12:30PM	Swimming Lessons
	1:00-2:00PM	Water Walking/Lap Swimming
	2:15-3:15PM	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-7:50PM	Aquatic Aerobics
	8:00-9:00PM	Water Walking/Lap Swimming
Friday	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	Water Walking/Lap Swimming
	11:00AM-12:00PM	Family Swim
	3:30-5:30PM	Swimming Lessons
Saturday	8:00-8:45AM	Yoga (Style May Vary - See facebook events for details, dates and types)
	9:20-1:10PM	Swimming Lessons
	10:00-10:40AM	Makeup Lesson Time/Leveling Lesson Time
	1:15-2:15PM	Family Swim
Sunday	9:00-9:30am	Express Aquatic Aerobics
	10:00-11:50am	Swimming Lessons
	12:00-1:00pm	Family Swim
	1:15-2:15pm	Water Walking/Lap Swimming
	7:00-7:30pm	Meditation (See facebook events for details, dates and types)

****SPACE IS LIMITED. SIGNUP IS REQUIRED FOR ALL CLASSES. WALK INS MAY NOT BE ABLE TO GET INTO CLASSES****