



WEEK AT A GLANCE

ALL CLASSES SUBJECT TO CHANGE

Adult Water Walking/Lap Swimming is now available during any unscheduled pool time

Valid Dates: 9/2/25 – 5/25/26

MONDAY 9:00am-12:00pm 2:00pm-8:00pm	9:00-9:50AM	Aquatic Aerobics
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
Tuesday 9:00am-12:00pm 2:00pm-9:00pm	9:00-9:50AM	Aquatic Aerobics
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
	7:00-7:50PM	Aquatic Aerobics
Wednesday 9:00am-12:00pm 2:00pm-8:00pm	9:00-9:50AM	Aquatic Aerobics
	11:00-12:00PM	Chair Yoga **Water walking can be done during this**
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
Thursday 9:00am-12:00pm 2:00pm-8:00pm	9:00-9:50AM	Aquatic Aerobics
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
Friday 9:00am-12:00pm	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	In Water Pilates
	11:00AM-12:00PM	Water Walking/Lap Swimming
Saturday 9:00am-2:15pm	9:20-1:10PM	Swimming Lessons
	12:40PM-1:10PM	Makeup Lesson Time/Leveling Lesson Time
	1:15-2:15PM	Family Swim
Sunday 10:45am-2:15pm	12:00-1:10pm	S.W.I.M. Program Lessons
	1:15-2:15PM	Family Swim

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