



WEEK AT A GLANCE

ALL CLASSES SUBJECT TO CHANGE

Adult Water Walking/Lap Swimming is now available during any unscheduled pool time
(Whenever a class is not scheduled)

Valid Dates: 9/5/23 – 5/24/24

MONDAY	9:00-9:50AM	Aquatic Aerobics
	1:15-2:15PM	ALS/MS Water Walking Time
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
Tuesday	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	9:00-9:50AM	Aquatic Aerobics
	1:15-2:15PM	In Water Pilates
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
Thursday	9:00-9:50AM	Aquatic Aerobics
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
	7:00-7:50PM	Aquatic Aerobics
Friday	9:00-9:50AM	Aquatic Aerobics
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
Saturday	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	One time per month yoga clinic (Call or check facebook for dates)

**** Signup is required for each class – Walkins may not be able to get into class****