



**WEEK AT A GLANCE SUMMER 2022**  
**(MAY 31<sup>ST</sup> – SEPTEMBER 5<sup>TH</sup>)**  
**ALL CLASSES SUBJECT TO CHANGE**  
**CALL OR USE THE APP TO SIGN UP**

<b>MONDAY</b>	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	Water Walking/Lap Swimming
	11:15AM-11:45AM	Swimming Lessons
	12:15-1:15PM	Water Walking/Lap Swimming
	2:15-3:15pm	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-7:30PM	BOGA Pilates
<b>Tuesday</b>	9:00-9:30AM	Aquatic Aerobics
	9:30AM-12:30PM	Swimming Lessons
	12:15-12:45PM	Express Deck HIIT
	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
<b>Wednesday</b>	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	Water Walking/Lap Swimming
	11:15-11:45AM	Swimming Lessons
	12:15-1:15PM	Water Walking/Lap Swimming
	1:15-2:15PM	In Water Pilates
	2:15-3:15PM	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-7:40PM	Yoga (Dates and type vary - see facebook events for details, dates and type)
	8:00-8:45PM	Aqua Meditari® (Dates vary - See facebook events for dates)

<b>Thursday</b>	5:45-6:30AM	BOGA Boot Camp (registration is required by 7pm the night before)
	9:00-9:30AM	Aquatic Aerobics
	9:30AM-12:30PM	Swimming Lessons
	12:15-12:45PM	Express Deck HIIT
	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
<b>Friday</b>	9:00-9:50AM	Aquatic Aerobics
	10:00-11:00AM	Water Walking/Lap Swimming
	11:00AM-12:00PM	Family Swim
	12:00-1:00PM	MS/ALS Water Walking time
<b>Saturday</b>	9:00AM-1:10PM	Swimming Lessons
	10:40-11:10AM	Makeup lesson time/Leveling Lesson time
	1:15-2:15PM	Family Swim