

## WEEK AT A GLANCE ALL CLASSES SUBJECT TO CHANGE CALL OR USE THE APP TO SIGN UP

MONDAY	9:00-9:50AM	Aquatic Aerobics
WICHDAI	10:00-11:00AM	Water Walking/Lap Swimming
	12:00-1:00PM	Water Walking/Lap Swimming
	1:15-2:15PM	ALS/MS Water Walking Time
	3:00-4:00PM	Family Swim
	4:10-6:40PM	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	Family Swim
	10:00-11:00AM	Water Walking/Lap Swimming
	12:00-1:00PM	Water Walking/Lap Swimming
	2:15-3:00PM	Yoga (Style May Vary - See facebook events for details, dates and types)
	3:00-4:00PM	Family swim
	4:10-6:40PM	Swimming Lessons
	7:00-7:50PM	Water Walking/Lap Swimming
Wednesday	9:00-9:50AM	Aquatic Aerobics
,	10:00-11:00AM	Water Walking/Lap Swimming
	12:00-1:00PM	Water Walking/Lap Swimming
	1:15-2:15PM	In Water Pilates
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
	7:00-7:40PM	Yoga (Style May Vary - See facebook events for details, dates and types)
	8:00-8:45PM	Aqua Meditari® (Dates vary - See facebook events for dates)

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Thursday	9:00-9:50AM	Family Swim
	10:00-11:00AM	Water Walking/Lap Swimming
	12:00-1:00PM	Water Walking/Lap Swimming
	3:00-4:00PM	Family Swim
	4:10-6:40PM	Swimming Lessons
	7:00-7:50PM	Aquatic Aerobics
	8:00-9:00PM	Water Walking/Lap Swimming
Friday	9:00-9:50AM	Aquatic Aerobics
illady	10:00-11:00AM	Water Walking/Lap Swimming
	4:10-6:40PM	Swimming Lessons
Saturday	8:00-8:45AM	Yoga (Style May Vary - See facebook events for details, dates and types)
Saturday	9:20-1:10PM	Swimming Lessons
	10:00-10:40AM	Makeup Lesson Time/Leveling Lesson Time
	1:15-2:15PM	Family Swim
Sunday	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\*\*