

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

MONDAY	9:00-9:50AM	Aquatic Aerobics
IVIOIVDAI	10:00-11:00AM	Water Walking/Lap Swimming
	11:15AM-11:45AM	Swimming Lessons
	12:00-1:00PM	Water Walking/Lap Swimming
	1:15-2:15PM	ALS/MS Water Walking time
	2:15-3:15pm	Family Swim
	3:30-6:40PM	Swimming Lessons
	7:00-7:30PM	In Water Pilates
Tuesday	9:00-9:30AM	Aquatic Aerobics
racsaay	9:30AM-12:00PM	Swimming Lessons
	12:00-1:00PM	Water Walking/Lap Swiming
	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
Wednesday	9:00-9:50AM	Aquatic Aerobics
Treamesday	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
	7:00-7:40PM	Yoga (Dates and type vary - see facebook events for details, dates
	0.00.0.45014	and type)
	8:00-8:45PM	Aqua Meditari® (Dates vary - See facebook events for dates)

Thursday	9:00-9:30AM	Aquatic Aerobics
	9:30AM-12:00PM	Swimming Lessons
	12:00-1:00PM	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
,	10:00-11:00AM 11:00AM-12:00PM	Water Walking/Lap Swimming Family Swim
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Saturday	11:00AM-12:00PM	Family Swim
•	11:00AM-12:00PM 9:00AM-1:10PM	Family Swim Swimming Lessons
•	11:00AM-12:00PM 9:00AM-1:10PM 10:40-11:10AM	Swimming Lessons Makeup lesson time/Leveling Lesson time
•	11:00AM-12:00PM 9:00AM-1:10PM 10:40-11:10AM	Swimming Lessons Makeup lesson time/Leveling Lesson time
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