



**WEEK AT A GLANCE FALL/WINTER 2022/2023**  
**(SEPTEMBER 6<sup>TH</sup> 2022 – MAY 29<sup>TH</sup> 2023)**  
**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
	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
	7:00-8:00PM	In Water Pilates
<b>Tuesday</b>	9:00-9:30AM	Aquatic Aerobics
	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
<b>Wednesday</b>	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 (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>	<i>9:00-9:30AM</i>	<i>Aquatic Aerobics</i>
	<i>10:00-11:00AM</i>	<i>Water Walking/Lap Swimming</i>
	<i>12:00-1:00PM</i>	<i>Water Walking/Lap Swimming</i>
	<i>3:00-4:00PM</i>	<i>Family Swim</i>
	<i>4:10-6:40PM</i>	<i>Swimming Lessons</i>
	<i>7:00-7:50PM</i>	<i>Aquatic Aerobics</i>
	<i>8:00-9:00PM</i>	<i>Water Walking/Lap Swimming</i>
<b>Friday</b>	<b>9:00-9:50AM</b>	<b>Aquatic Aerobics</b>
	<b>10:00-11:00AM</b>	<b>Water Walking/Lap Swimming</b>
<b>Saturday</b>	<i>9:20AM-1:10PM</i>	<i>Swimming Lessons</i>
	<i>10:00-10:40AM</i>	<i>Makeup lesson time/Leveling Lesson time</i>
	<i>1:15-2:15PM</i>	<i>Family Swim</i>