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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| ***Aquatic Aerobics:***9:00-9:50am | ***Family Swim:***9:00-9:50am | ***Aquatic Aerobics:***9:00-9:50am |  | ***Aquatic Aerobics:***9:00-9:50am | **\*\*Precompetitive clinic\*\***9:00-9:50am |
| ***Water Walking/ Lap swimming:***10:00-11:00am***Family Swim:***11:00am-12:00pm***Water Walking/ Lap swimming:***12:00-1:00pm***Swim Lessons:***4:10-4:404:50-5:20 5:30-6:00 6:10-6:40 ***In Water PILATES***7:00-7:50pm | ***Water Walking/ Lap swimming:***10:00-11:00am***Express Deck HIIT:***12:15-12:45pm***Water Walking/ Lap swimming:***1:00-2:00pm***Swim Lessons:***4:10-4:40 4:50-5:20 5:30-6:00 6:10-6:40 **\*\*Precompetitive swimming clinic\*\***6:00-6:50pm***Aquatic Aerobics:***7:00-7:50pm***Water Walking/******Laps Swimming:***8:00-9:00pm | ***Water Walking/ Lap swimming:***10:00-11:00am***\*\*Chair Yoga\*\*:****11:00-11:30 (Coming soon)****Water Walking/ Lap swimming:***12:00-1:00pm***IN WATER PILATES***1:15-2:15pm***Family Swim:****3:00-4:00pm****Swim Lessons:***4:10-4:404:50-5:205:30-6:006:10-6:40***\*\*Express Yoga\*\****7:00-7:40pm**\*Aqua Meditari™ \***8:00-8:45pm | ***Water Walking/ Lap swimming:***10:00-11:00am***Family Swim:***11:00-12:00pm***Express Deck HIIT:***12:15-12:45pm***Water Walking/ Lap swimming:***1:00-2:00pm***Swim Lessons:***4:10-4:404:50-5:205:30-6:006:10-6:40***Aquatic Aerobics:***7:00-7:50pm***Water Walking/******Laps Swimming:***8:00-9:00pm | ***Water Walking/ Lap swimming:***10:00-11:00am***Swim Lessons:***4:10-4:404:50-5:20***Family Swim:***5:30-6:30pm | ***Swim Lessons:***9:00-9:30am10:00-10:30am10:40-11:10am11:20-11:50am12:00-12:30pm12:40-1:10pm***Family Swim:***1:15-2:15pm |

**Fall/Winter 2021/2022 - Effective September 7th 2021 – May 30th 2022 – Subject to change**

**\*\*Dates and format Varies - Check Facebook or call for events and dates\*\***