|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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:***  4:10-4:40  4:50-5:20  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:***  4:10-4:40  4:50-5:20  5:30-6:00  6:10-6:40  ***\*\*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:***  4:10-4:40  4:50-5:20  5:30-6:00  6:10-6:40  ***Aquatic Aerobics:***  7:00-7:50pm  ***Water Walking/***  ***Laps Swimming:***  8:00-9:00pm | ***Water Walking/ Lap swimming:***  10:00-11:00am  ***Swim Lessons:***  4:10-4:40  4:50-5:20  ***Family Swim:***  5:30-6:30pm | ***Swim Lessons:***  9:00-9:30am  10:00-10:30am  10:40-11:10am  11:20-11:50am  12:00-12:30pm  12:40-1:10pm  ***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\*\***