

**WEEK AT A GLANCE**

**ALL CLASSES SUBJECT TO CHANGE**

**CALL OR USE THE APP TO SIGN UP**

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| **MONDAY** | **9:00-9:50AM** | **Aquatic Aerobics** |
| **10:00-11:00AM** | **Water Walking/Lap Swimming** |
| **11:00AM-12:00PM** | **Family Swim** |
| **12:00-1:00PM** | **Water Walking/Lap Swimming** |
| **2:30-3:30PM** | **ALS/MS Water Walking Time** |
| **4:10-4:40PM** | **Swimming Lessons** |
| **4:50-5:20PM** | **Swimming Lessons** |
| **5:30-6:00PM** | **Swimming Lessons** |
| **6:10-6:40PM** | **Swimming Lessons** |
| **6:00-6:45PM** | **Survival Skills Training (Dates vary - Session dates will be posted on facebook)** |
| **7:00-7:30PM** | **BOGA Pilates** |
| **Tuesday** | *9:00-9:50AM* | *Family Swim* |
| *10:00-11:00AM* | *Water Walking/Lap Swimming* |
| *12:15-12:45PM* | *Express Deck HIIT* |
| *1:00-2:00PM* | *Water Walking/Lap Swimming* |
| *4:10-4:40PM* | *Swimming Lessons* |
| *4:50-5:20PM* | *Swimming Lessons* |
| *5:30-6:00PM* | *Swimming Lessons* |
| *6:10-6:40PM* | *Swimming Lessons* |
| *6:00-6:50PM* | *Pre-Competitive Clinic (Dates Vary - Session dates will be posted on facebook)* |
| *7:00-7:50PM* | *Aquatic Aerobics* |
| *8:00-9:00PM* | *Water Walking/Lap Swimming* |
| **Wednesday** | **9:00-9:50AM** | **Aquatic Aerobics** |
| **10:00-11:00AM** | **Water Walking/Lap Swimming** |
| **10:00-10:30AM** | **Chair OR Water Yoga (Dates Vary - See facebook events for details, dates and types)** |
| **11:00-11:30AM** | **Chair OR Water Yoga (Dates Vary - See facebook events for details, dates and types)** |
| **12:00-1:00PM** | **Water Walking/Lap Swimming** |
| **1:15-2:15PM** | **In Water Pilates** |
| **3:00-4:00PM** | **Family Swim** |
| **4:10-4:40PM** | **Swimming Lessons** |
| **4:50-5:20PM** | **Swimming Lessons** |
| **5:30-6:00PM** | **Swimming Lessons** |
| **6:10-6:40PM** | **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)** |
| **Thursday** | *5:45-6:30AM* | *BOGA Boot Camp (registration is required by 7pm the night before)* |
| *10:00-11:00AM* | *Water Walking/Lap Swimming* |
| *11:00-12:00PM* | *Family Swim* |
| *12:15-12:45PM* | *Express Deck HIIT* |
| *1:00-2:00PM* | *Water Walking/Lap Swimming* |
| *4:10-4:40PM* | *Swimming Lessons* |
| *4:50-5:20PM* | *Swimming Lessons* |
| *5:30-6:00PM* | *Swimming Lessons* |
| *6:10-6:40PM* | *Swimming Lessons* |
| *7:00-7:50PM* | *Aquatic Aerobics* |
| *8:00-9:00PM* | *Water Walking/Lap Swimming* |
| **Friday** | **9:00-9:50AM** | **Aquatic Aerobics** |
| **10:00-11:00AM** | **Water Walking/Lap Swimming** |
| **4:10-4:40PM** | **Swimming Lessons** |
| **4:50-5:20PM** | **Swimming Lessons** |
| **5:30-6:30pm** | **Family Swim** |
| **Saturday** | *8:00-8:45AM* | *Survival Skills Training (Dates vary - Session dates will be posted on facebook)* |
| *9:00-9:45AM* | *Pre-Competitive Clinic (Dates Vary - Session dates will be posted on facebook)* |
| *10:00-10:30AM* | *Swimming Lessons* |
| *10:40-11:10AM* | *Makeup lesson time/Leveling Lesson time* |
| *11:20-11:50AM* | *Swimming Lessons* |
| *12:00-12:30PM* | *Swimming Lessons* |
| *12:40-1:10PM* | *Swimming Lessons* |
| *1:15-2:15PM* | *Family Swim* |