

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6-8 AM	C L O S E D	LAP SWIM					6-8 a.m. Lap swim
7:30 – 8 AM			Water Walking		Water Walking		
8:50 AM		WATER AEROBIC WORKOUT					WATER WORKOUT 8-9 AM
9:50 AM		SUPER SENIOR WATER AEROBICS					
10:50 AM		Arthritis/ Wellness	Arthritis/ Wellness	Arthritis/ Wellness	Arthritis/ Wellness	Arthritis/ Wellness	C L O S E D
11-1		LAP SWIM					
1-5:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
5:30-6:30	12 TO 2	Open Swim 5:30 Water Aerobics	Open Swim 5:30 Water Aerobics	Open Swim 5:30 p.m. Water Aerobics	Open Swim 5:30 Water Aerobics	Close at 5 p.m.	12 TO 5
6:30 PM		TRIDENTS	TRIDENTS	CLOSED	TRIDENTS	CLOSED	CLOSED

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6-8 AM	C L O S E D	LAP SWIM					7-8 a.m. Lap swim
7:30 – 8 AM			Water Walking		Water Walking		
8-9 AM		WATER AEROBIC WORKOUT					WATER WORKOUT 8-9 AM
9-10 AM		SUPER SENIOR WATER AEROBICS					
10:15-11 AM		Arthritis/ Wellness	Arthritis/ Wellness	Arthritis/ Wellness	Arthritis/ Wellness	Arthritis/ Wellness	C L O S E D
11-1		LAP SWIM					
1-5:30 PM	OPEN SWIM	OPEN SWIM/ REHAB	OPEN SWIM/ REHAB	OPEN SWIM/ REHAB	OPEN SWIM/ REHAB	OPEN SWIM/ REHAB	OPEN SWIM
5:30-6:30	12 TO 5	Open Swim 5:30 Water Aerobics	Open Swim 5:30 Water Aerobics	Open Swim 5:30 Water Aerobics	Open Swim 5:30 Water Aerobics	CLOSE AT 5	12 TO 5
6:30-9 PM		TRIDENTS	TRIDENTS	CLOSED	TRIDENTS	CLOSED	CLOSED