

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D	6-8 Lap Swim	6-7:30 Lap Swim	6-8 a.m. Lap Swim	6-7:30 Lap Swim	6-8 Lap Swim	6-8 Lap Swim
		7:30-8 Water Walking		7:30 -8 Water Walking		
	8-8:50 Water Aerobics	8-8:50 Water Aerobics	8-8:50 Water Aerobics	8-8:50 Water Aerobics	8-8:50 Water Aerobics	8-8:50 Water Aerobics
	9-9:50 Water Aerobics	9-9:50 BOOT CAMP	9-9:50 Water Aerobics	9-9:50 BOOT CAMP	9-9:50 Water Aerobics	CLOSED
	10-10:50 Arthritis/ Wellness	10-10:50 Arthritis/ Wellness	10-10:50 Arthritis/ Wellness	10-10:50 Arthritis/ Wellness	10-10:50 Arthritis/ Wellness	
Noon – 2 Open Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	NOON – 5 OPEN SWIM
	1-5:30 *Open Swim	1-5:30 *Open Swim	1-5:30 *Open Swim	1-5:30 *Open Swim	1-5 Open Swim	
	5:30-6:20 Water Aerobics	5:30-6:20 Water Aerobics	5:30-6:20 Water Aerobics	5:30-6:20 Water Aerobics	CLOSED	
CLOSED	6:30-8 Tridents	6:30-8 Tridents	CLOSED	6:30-8 Tridents	CLOSED	CLOSED

***Camdenton High School Swim Teams use 3 lanes for practice from 3:30 until 5:30 during swim season.**