

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	
	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	
	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	CLOSED
Noon – 2  Open Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	
	1-5:30 *Open Swim	1-5:30 *Open Swim	1-6:30 *Open Swim	1-5:30 *Open Swim	1-5 Open Swim	NOON – 5  OPEN SWIM
Open Swim 5:30-6:30	5:30-6:20 Water Aerobics	Open Swim 5:30-6:30	5:30-6:20 Water Aerobics	CLOSED		
CLOSED	6:30-8 Tridents	6:30-8 Tridents	CLOSED	6:30-8 Tridents	CLOSED	CLOSED

\*Camdenton School Swim Teams practice 3:30 until 5:30 during their swim season. No other swimmers allowed during their practice.

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	
	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	
	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	CLOSED
Noon – 2  Open Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap Swim	11-1 Lap 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	NOON – 5  OPEN SWIM
Open Swim 5:30-6:30	5:30-6:20 Water Aerobics	Open Swim 5:30 -6:30	5:30-6:20 Water Aerobics	CLOSED		
CLOSED	6:30-8 Tridents	6:30-8 Tridents	CLOSED	6:30-8 Tridents	CLOSED	CLOSED

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