

JAN. 1st - JAN. 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	LAP SWIM (Appts) 6am - 8am	LAP SWIM (Appts) 6am - 8am	LAP SWIM (Appts) 6am - 8am	LAP SWIM (Appts) 6am - 8am	LAP SWIM (Appts) 6am - 8am	LAP SWIM (Appts) 7am-8:30am			
6:30am									
7:00am									
7:30am									
8:00am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am	Deep Water Ex 8am - 8:50am			LAP SWIM (Appts) 8am - 12pm	
8:30am	ShallowWaterEx 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	Shallow Water Ex 9am - 9:50am	ShallowWaterEx 9am - 9:50am				Shallow Water Ex 8:30-9:20am
9:00am	LAP SWIM (Appts) 10am-11:30am	LAP SWIM (Appts) 10am-11:30am	LAP SWIM (Appts) 10am-11:30am	LAP SWIM (Appts) 10am-11:30am	LAP SWIM (Appts) 10am-11:30am				Deep Water Ex 9:30a-10:20a
9:30am									
10:00am	LAP SWIM (Walk-in) 11:30am - 2pm	LAP SWIM (Walk-in) 11:30am - 3pm	LAP SWIM (Walk-in) 11:30am-2pm	LAP SWIM (Walk-in) 11:30am-3pm	LAP SWIM (Walk-in) 11:30am - 2pm	Swim Lessons 9a-1p	FAMILY SWIM 12pm - 4pm		
10:30am									
11:00am									
11:30am	Arthritis Class 2-2:50p	Arthritis Classs 2-2:50p	Arthritis Classs 2-2:50p	Arthritis Class 2-2:50p	FAMILY SWIM 1pm -4pm				
12:00pm									
12:30pm									
1:00pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm	FAMILY SWIM 3pm-4:30pm				
1:30pm									
2:00pm									
2:30pm	LAP (Appts) 4:30-6:30pm	LAP SWIM 4:30-5		LAP SWIM 4:30-5		LAP (Appts) 4:30-6:30pm			
3:00pm		Swim Lessons 5p-7p	LAP (Appts) 5p-7p	Swim Lessons 5p-7p	LAP (Appts) 5p-7p				
3:30pm									
4:00pm	FAMILY SWIM 6:30 - 8pm	Deep Water Ex 7p-7:50p	Shallow Water Ex 7p-7:50p	Deep Water Ex 7p-7:50p	FAMILY SWIM 6:30 - 8pm				
4:30pm									
5:00pm									
5:30pm	FAMILY SWIM 6:30 - 8pm	Deep Water Ex 7p-7:50p	Shallow Water Ex 7p-7:50p	Deep Water Ex 7p-7:50p	FAMILY SWIM 6:30 - 8pm				
6:00pm									
6:30pm									
7:00pm	FAMILY SWIM 6:30 - 8pm	Deep Water Ex 7p-7:50p	Shallow Water Ex 7p-7:50p	Deep Water Ex 7p-7:50p	FAMILY SWIM 6:30 - 8pm				
7:30pm									
8:00pm									

*Lap lanes apointments are scheduled 24 hours in advance for 30 minutes time slots

**Does not include holidays or special events and is subject to change at any time.