

Scheduled Event	Days	Times
Swim to be Trim	Tues. & Thurs.	9 to 10am
Back Wellness	Tues. & Thurs.	11 to 12pm

Early Bird Aerobics	Mon, Wed & Fri	5:30 to 6:30am
Deep H 2 O	Mon, Wed & Fri	9 to 10am
Water Wellness	Mon, Wed & Fri	10 to 11am
Aerobic Fitness	Mon, Wed & Fri	11 to 12pm

Aqua Fit	Mon & Wed	5:30 to 6:30pm
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Lap Swim	Mon, Wed & Fri	4 to 5:30am
Lap Swim	Mon, Wed & Fri	6:30 to 9am
Lap Swim	Tues & Thurs	7 to 9am
Lap Swim	Mon thru Fri	12 to 1pm
Lap Swim	Mon thru Fri	4:30 to 5:30pm
Lap Swim	Saturdays	8:00 to 9:00am

V A	Mon, Wed & Fri	2:30 to 3:30pm
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Swim Lessons	Tues & Thurs	3:30 to 4:30pm
Swim Lessons	Tues & Thurs	5:30 to 7:30pm

Swim Lessons	Mon & Wed	3:30 to 4:30pm
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<b><u>MAY OPEN SWIMS</u></b>		<u>Weds. May 9th &amp; 23th</u>
Wednesdays 6:30 to 8:30pm	<b><u>2 hour Sessions</u></b>	1:00 to 2:00pm
Fridays 6:00 to 8:00pm	\$1.50 child \$3.00 Adults	<b><u>1 hour Session</u></b>
Saturdays 1:00 to 3:00pm		\$1.00 child \$2.00 Adults