

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

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 & Fri	5:30 to 6:30pm

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 7pm

Swim Lessons	Mon & Weds	3:30 to 4:30pm
Swim Lessons	Mon & Weds	5:30 to 7pm

<b>OPEN SWIMS</b>	<b>\$1.00 Child \$2.00 Adult</b>
<b>Every Friday Night</b>	<b>6:45 to 7:45 pm</b>
<b>Second &amp; Fourth Wednesdays</b>	<b>1:00 to 2:00 pm</b>