



Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 AM	Open Swim 5-9AM	Open Swim 5-9AM	Open Swim 5-9AM	Open Swim 5-9AM	Open Swim 5-9AM	X		
5:30								
6:00							Hydro Fit 6-7AM	Hydro Fit 6-7AM
6:30								
7:00								
7:30							Aqua Fit 7-8AM	Aqua Fit 7-8AM
8:00								
8:30								
9:00	Aqua Fit (Ann N) Dune Express 10-11AM	Arthritis 10-11AM	Aqua Fit (Ann N) Dune Express 10-11AM	Arthritis 10-11AM	Arthritis 10-11AM	Open Swim 7AM-12PM		
9:30								
10:00								
10:30								
11:00	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 11:30-1PM	X		
11:30								
12:00PM								
12:30								
1:00								
1:30								
2:00								
2:30								
3:00	Water Wellness 3:30-4:30PM	Hydro Fit 4:30-5:30PM	Water Wellness 3:30-4:30PM	Hydro Fit 4:30-5:30PM	Open Swim 4:30-6PM			
3:30								
4:00								
4:30								
5:00	Open Swim 6-8PM	Aqua Fusion 6-7PM	Open Swim 6-8PM	Aqua Fusion 6-7PM	X			
5:30								
6:00								
6:30								
7:00								
7:30								
8:00								