



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		Open Swim 7AM-12PM			
8:00								
8:30								
9:00								
9:30								
10:00	Aqua Fit (Ann N)		Aqua Fit (Ann N)			Arthritis 10-11AM		
10:30	Dune Express 10-11AM		Dune Express 10-11AM			Arthritis 10-11AM		
11:00						Open Swim 11:30-1PM		
11:30								
12:00PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2PM	Open Swim 12-2PM			X	
12:30								
1:00								
1:30								
2:00								
2:30								
3:00								
3:30		Water Wellness 3:30-4:30PM		Water Wellness 3:30-4:30PM				
4:00		Hydro Fit 4:30-5:30PM		Hydro Fit 4:30-5:30PM	Open Swim 4:30-6PM			
4:30		Swim Lessons 5:30-6:30PM		Swim Lessons 5:30-6:30PM				
5:00		Swim Lessons 5:30-6:30PM		Swim Lessons 5:30-6:30PM				
5:30	Open Swim 6-8PM	Aqua Fusion 6-7PM	Open Swim 6-8PM	Aqua Fusion 6-7PM	X			
6:00								
6:30								
7:00								
7:30								
8:00								