



**AQUATICS SCHEDULE
October—December 16, 2021**

SUN	MON	TUE	WED	THU	FRI	SAT
Open Pool Water Exercise (No Instructor) 9:00 AM	Deep Water Exercise 8:00 AM	Deep Water Exercise 8:00 AM	Deep Water Exercise 9:00 AM	Open Pool Water Exercise (No Instructor) 8:00 AM	Open Pool Water Exercise (No Instructor) 9:00 AM	Family Swim 1:00 PM—3:00 PM
Deep Water Exercise 10:00 AM	Shallow Water Exercise 9:00 AM	Shallow Water Exercise 9:00 AM	Shallow Water Exercise 10:00 AM	Shallow Water Exercise 9:00 AM	Shallow Water Exercise 10:00 AM	
Deep Water Exercise 10:00 AM	Arthritis 11:00 AM	Arthritis 11:00 AM	Family Swim 4:00 PM	Family Swim 3:00 PM	Family Swim 4:00 PM—7:00 PM	
Shallow Water Exercise 11:00 AM	Family Swim 6:00 PM	Family Swim 6:00 PM		Shallow Water Exercise 6:00 PM		
Family Swim 4:00 PM				Family Swim 7:00 PM		