

Wellness Pool Programs Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:00 Water Aerobics All Levels - <i>Jeanette</i>	6:00 - 8:30 Adult Swim	6:15 - 7:00 Water Aerobics All Levels - <i>Jeanette</i>	6:00 - 8:30 Adult Swim	CLOSED	CLOSED	CLOSED
CLOSED		CLOSED				
8:30 - 9:30 Water Aerobic All Levels - <i>Jeannette</i>	8:15 - 9:15 Arthritic Class - <i>Carol</i>	8:30 - 9:30 Water Aerobics All Levels - <i>Jeannette</i>	8:15 - 9:15 Water Aerobics All Levels - <i>Carol</i>	8:30 - 5:00 Adult Swim	8:30 - 9:30 Water Aerobics All Levels <i>Alt. Instructors</i>	
	9:15 - 9:45 Starfish Lessons		9:15 - 9:45 Starfish Lessons		9:30 - 10:15 Almost 3 Lessons	
9:30 - 12:00 Adult Swim	9:45 - 10:15 Almost 3 Lessons	9:30 - 12:00 Adult Swim	9:45 - 10:15 Almost 3 Lessons		10:15 - 11:00 Starfish Lessons	
	10:15 - 11:15 Water Aerobics All Levels - <i>Jan</i>		10:15 - 11:15 Water Aerobics All Levels - <i>Carol</i>		11:00 - 1:00 Adult Swim	
CLOSED	11:15 - 12:15 Water Aerobics All Levels - <i>Ronna</i>	CLOSED	CLOSED		CLOSED	
CLOSED	CLOSED	3:30 - 4:30 YMCA Swim Lessons	2:30 - 6:30 Adult Swim			
3:30 - 4:30 YMCA Swim Lessons	2:30 - 6:30 Adult Swim					
4:30 - 5:00 Swim Lessons & Adult Swim		4:30 - 5:00 Swim Lessons & Adult Swim				
5:00 - 6:00 Adult Swim		5:00 - 6:00 Adult Swim				5:00 - 8:00 Last Friday of Every Month Family Swim **Beginning Jan. 26 - Limit 20 in water at a time
6:00 - 7:00 Water Aerobics All Levels - <i>Anne</i>	6:30 - 7:30 Water Aerobics All Levels - <i>Jan</i>	6:00 - 7:00 Water Aerobics All Levels - <i>Anne</i>			6:30 - 7:30 Water Aerobics All Levels - <i>Jan</i>	
CLOSED	CLOSED	CLOSED	CLOSED			