

Aquatic Exercise Weekly Schedule

September-October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	SWAP Shallow 9:10-10:00am		SWAP Shallow 9:10-10:00am				
Lap Pool	Total Immersion Deep Water 10:15-11:05am		Total Immersion Deep Water 10:15-11:05am				
Activity Pool							
Lap Pool							
Activity Pool		ROM Shallow 9:45-10:35am		ROM Shallow 9:45-10:35am			
Lap Pool							