

Aquatic Exercise Weekly Schedule

REV-9/18

September-December, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	SWAP Shallow 9:15-10:05am	ROM Shallow 10:45-11:35am	SWAP Shallow 9:15-10:05am	Water Zumba 9:45-10:35am	SWAP Shallow 9:15-10:05am		
Lap Pool	Total Immersion Deep Water 10:15-11:05am		Total Immersion Deep Water 10:15-11:05am		Total Immersion Deep Water 10:15-11:05am		
Activity Pool		ROM Shallow 10:30-11:20am		Water Zumba 11:45-12:35pm		ROM Shallow 10:45-11:35am	
Lap Pool		Total Immersion Deep Water 7:30-8:20pm		Total Immersion Deep Water 7:30-8:20pm			
Activity Pool							
Lap Pool							