

UPDATED! Aquatic Exercise Weekly Schedule

REV-6/5/19

JUNE-AUGUST, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	Aqua Danza 8:10-9:00am	ROM Shallow 9:45-10:35am	Aqua Danza 8:10-9:00am	ROM Shallow 9:45-10:35am			
Lap Pool	SWAP Shallow 9:10-10:05am Total Immersion Deep Water 7:30-8:20pm		SWAP Shallow 9:10-10:05am				
Activity Pool							
Lap Pool				Total Immersion Deep Water 7:30-8:20pm			
Activity Pool							
Lap Pool							