

Aquatic Exercise Weekly Schedule

April-May, 2021

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