

Aquatic Exercise Weekly Schedule

June-August, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	SWAP Shallow 9:00-9:50am	ROM Shallow 9:00-9:50am	SWAP Shallow 9:00-9:50am	ROM Shallow 9:00-9:50am			
Lap Pool	Total Immersion Deep Water 6:30-7:20pm		Total Immersion Deep Water 6:30-7:20pm				
Activity Pool							
Lap Pool							
Activity Pool							
Lap Pool							