

Aquatic Exercise Weekly Schedule

September-December, 2021

	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	ROM Shallow 10:45-11:35am			
Lap Pool	Total Immersion Deep Water 10:15-11:05am	Total Immersion Deep Water 9:45-10:35am	Total Immersion Deep Water 10:15-11:05am	Total Immersion Deep Water 9:45-10:35am			
Activity Pool							
Lap Pool		Total Immersion Deep Water 6:35-7:25pm		Total Immersion Deep Water 6:35-7:25pm			
Activity Pool							
Lap Pool							