

# AQUATICS CALENDAR

**EAST POOL**

**In Effect July 1-July 27**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	
7:00-7:45am Shallow Aqua Fit*		7:00-7:45am Shallow Aqua Fit*		7:00-7:45am Shallow Aqua Fit*	7:30-10:30am Water Fitness
8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix	
	9:00-10:45am Group Lessons		9:00-10:45am Group Lessons		
11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Shallow Aqua Fit*	
11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	
12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness	
1:30-3:30pm Family Open Swim	1:30-3:30pm Private Lessons	1:30-3:30pm Family Open Swim	1:30-3:30pm Private Lessons	1:30-3:30pm Family Open Swim	
3:30-7:00pm Group Lessons	8:00-10:00am WMS Dive Practice July 17-July 24	3:30-7:00pm Group Lessons			
	5:00-6:30pm Water Fitness		5:00-6:30pm Water Fitness		
	6:30-8:00pm Family Open Swim		6:30-8:00pm Family Open Swim		
7:00-7:30 Private Lessons		7:00-7:30 Private Lessons			
7:30-8:30pm Firm H2O		7:30-8:30pm Firm H2O	<i>Programs highlighted in blue are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.</i>		

**WEST POOL**

**In Effect July 1-July 27**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>5:15-7:30am</b> Lap Swim	<b>5:15-7:30am</b> Lap Swim	<b>5:15-7:30am</b> Lap Swim	<b>5:15-7:30am</b> Lap Swim	<b>5:15-7:30am</b> Lap Swim	<b>8:00-10:15am</b> Lap Swim
<i>Early morning time slots on Mon-Fri are: 5:15-6:00   6:00-6:45   6:45-7:30</i>					<i>Sat AM time slots are: 8:00-8:45   8:45-9:30 9:30-10:15am</i>
<b>8:00-10:00am</b> WMS Swim Practice July 17-July 24	<b>8:00-10:00am</b> WMS Swim Practice July 17-July 24	<b>8:00-10:00am</b> WMS Swim Practice July 17-July 24	<b>8:00-10:00am</b> WMS Swim Practice July 17-July 24	<b>8:00-10:00am</b> WMS Swim Practice July 17-July 24	<b>10:15-12:00pm</b> WMS Swim Practice July 20
<b>11:00-1:15pm</b> Lap Swim	<b>11:00-1:15pm</b> Lap Swim	<b>11:00-1:15pm</b> Lap Swim	<b>11:00-1:15pm</b> Lap Swim	<b>11:00-1:15pm</b> Lap Swim	
<i>Midday time slots on Mon-Fri are: 11:00-11:45   11:45-12:30   12:30-1:15</i>					
<b>5:00-7:15pm</b> Lap Swim	<b>5:00-7:15pm</b> Lap Swim	<b>5:00-7:15pm</b> Lap Swim	<b>5:00-7:15pm</b> Lap Swim		
<i>Evening time slots on Mon-Fri are: 5:00-5:45   5:45-6:30   6:30-7:15</i>					

**Online reservations only for fitness classes and lap swim (drop-ins welcome if space allows)**