MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 9 a.m. WATER EXERCISE	8 - 9 a.m. ADULT SWIM	8 - 9 a.m. WATER EXERCISE	8 - 9 a.m. ADULT SWIM	8 – 9 a.m. WATER EXERCISE		
TWINGES		TWINGES		TWINGES		
9 - 10 a.m. WATER EXERCISE	9 - 10 a.m. WATER EXERCISE	9 - 10 a.m. WATER EXERCISE	9 – 10 a.m. WATER EXERCISE	9 - 10 a.m. WATER EXERCISE	9 - 1 p.m.	
BIONIC BABY BOOMER	TWINGES +	BIONIC BABY BOOMER	TWINGES +	BIONIC BABY BOOMER	SWIM LESSONS	
10 – 11 a.m. SWIM LESSONS				10 - 11 a.m. ADULT SWIM		10 - 11 a.m. ADULT SWIM
11 - 12 p.m. WATER EXERCISE	11 - 12 p.m. WATER EXERCISE	11 - 12 p.m. WATER EXERCISE	11 - 12 p.m. WATER EXERCISE	11 - 12 p.m. FAMILY SWIM		11 - 4 p.m. FAMILY SWIM
TWINGES	AQUA BALANCE	TWINGES	AQUA BALANCE			
12 - 1 p.m. WATER EXERCISE	12 – 1 p.m. ADULT SWIM	12 - 1 p.m. WATER EXERCISE	12 – 1 p.m. ADULT SWIM			
AQUA BALANCE		AQUA BALANCE				
1 – 2 p.m. FAMILY SWIM	1 – 2 p.m. WATER EXERCISE	1 – 2 p.m. FAMILY SWIM	1 – 2 p.m. WATER EXERCISE	1 – 2 p.m. FAMILY SWIM	1 – 4 p.m. FAMILY SWIM	
	TWINGES +	SWIM LESSONS SHARE THE POOL	TWINGES +			
2 – 3 p.m. ADULT SWIM	2 -3 p.m. WATER EXERCISE	2 – 3 p.m. ADULT SWIM	2 -3 p.m. WATER EXERCISE	2 - 3 p.m. ADULT SWIM		
	TWINGES	SWIM LESSONS SHARE THE POOL	TWINGES			
3 – 4 p.m. ADULT SWIM						
				3 - 7 p.m. FAMILY SWIM		
4 - 5 p.m. FAMILY SWIM	4 – 6 p.m. FAMILY SWIM	4 – 5 p.m. FAMILY SWIM	4 – 6 p.m. FAMILY SWIM			
SWIM LESSONS SHARE THE POOL		SWIM LESSONS SHARE THE POOL				
5 - 6 p.m. ADAPTED SWIM LESSONS		5 – 6 p.m. SWIM LESSONS				
6 – 7 p.m. ADULT SWIM LESSONS	6 - 7 p.m. SWIM LESSONS		6 - 7 p.m. SWIM LESSONS			
7:10-8 p.m. ADULT SWIM	7:10 -8 p.m. WATER EXERCISE	7:10-8 p.m. ADULT SWIM	7:10 -8 p.m. WATER EXERCISE			
FAMILY SWIM	TWINGES +	FAMILY SWIM	TWINGES +			

ADULT SWIM FAMILY SWIM Adult only and a maximum of 11 people may use the Warm Water Pool at one time. Family units only and a maximum 5 families.