



Indoor Pool Schedule



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 CLOSED	3 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet	4 SS Water Aerobics 9-10am Tami	5 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet	6 SS Water Aerobics 9-10am Tami	7 Water Exercise 9-10am Janet
8 Water Yoga 3:30pm-4:30pm Mardy	9 SS Water Aerobics 9-10am Tami	10 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet LTS 4-6:15pm	11 SS Water Aerobics 9-10am Tami	12 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet LTS 4-6:15pm	13 SS Water Aerobics 9-10am Tami	14 Water Exercise 9-10am Janet LTS 10-12:45pm
15 Water Yoga 3:30pm-4:30pm Mardy	16 SS Water Aerobics 9-10am Tami Beginner swim stroke development 6-7:00pm	17 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet LTS 4-6:15pm	18 SS Water Aerobics 9-10am Tami Beginner swim stroke development 6-7:00pm	19 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet LTS 4-6:15pm	20 SS Water Aerobics 9-10am Tami	21 Water Exercise 9-10am Janet LTS 10-12:45pm
22 Water Yoga 3:30pm-4:30pm Mardy	23 SS Water Aerobics 9-10am Tami Beginner swim stroke development 6-7:00pm	24 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet LTS 4-6:15pm	25 SS Water Aerobics 9-10am Tami Beginner swim stroke development 6-7:00pm	26 SS Water Aerobics 9-10am Tami Deep Water 10-11am Janet LTS 4-6:15pm	27 SS Water Aerobics 9-10am Tami	28 Water Exercise 9-10am Janet LTS 10-12:45pm
29 Water Yoga 3:30pm-4:30pm Mardy	30 SS Water Aerobics 9-10am Tami Beginner swim stroke development 6-7:00pm	Rec Center Hours: Mon – Fri 5:30am to 9:00pm Sat 7:00am to 5:00pm Sunday 10:00am – 5:00pm NOTE: Open swim <u>except</u> during scheduled classes				