

8-lane Pool Activities

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11:00am	Recreational Swimming								
11:15am	(9:00am - 5:30pm)								
11:30am	Aug 15 - Memorial Day								
11:45am									
12:00pm	Lap Swimming								
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Aquatics Questions?
Charlotte @ 626.3706 ext. 167

Swim Team Questions?
626.3706 ext. 104

		Monday							
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7:30am	Deep Water Running								
7:45am	August-November								
8:00am	7:00am - 8:00am								
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8:30am	Aqua Fitness								
8:45am	8:00am-9:00am								
9:00am	August								
9:15am	Aqua Fitness								
9:30am	8:30am-9:30am								
9:45am	September - October								
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