

Swim Lessons

& Deep Water Aerobics

6:45pm - 8:00pm

Pool Schedule

August 26th - October 5th

DETAILED POOL CALENDAR ON BACK
This schedule is subject to change without notice



Monday 6:00am - 8:00pm	Tuesday 6:00am - 7:00pm	Wednesday 6:00am - 8:00pm	Thursday 6:00am - 7:00pm	Friday 6:00am - 6:00pm	Saturday 7:00am - 11:00am
6:00am - 11:00am	6:00am - 9:00am	6:00am - 11:00am	6:00am - 9:00am	6:00am - 11:00am	7:00am - 9:00am
	9:00am - 10:00am Water Aerobics Only		9:00am - 10:00am <u>Water Aerobics Only</u>		9:00am - 10:00am Water Aerobics & 1 Lap Lane
	10:00am - 11:00am		10:00am - 11:00am		10:00am - 11:00am
11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm <u>Water Aerobics Only</u>	11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm <u>Water Aerobics Only</u>	11:00am - 1:00pm <u>Water Aerobics Only</u>	
	12:00pm - 1:00pm Swim for Fitness Open/Family Swim & 1 Lap Lane		12:00pm - 1:00pm Aqua Dance & Swim for Fitnes & 1 Lap Lane		
1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	
4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm YWCA Afterschool Swim & 2 Lap Lane	
5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm	
6:00pm - 6:45pm	6:00pm - 6:45pm	6:00pm - 6:45pm	6:00pm - 6:45pm	014/154	

Water Aerobics

& Swim Lessons

6:30pm - 7:00pm

Areas Shaded Grey Are Available For Open/Family Swim & Lap Swim

Swim Lessons

& Deep Water Aerobics

6:45pm - 8:00pm

Water Aerobics

& Swim Lessons

6:30pm - 7:00pm

SWIM LESSONS

Group swim lessons run monthly for all AGES!
Private & Semi-private lessons are also available!
Want more information contact Liz Como
336-882-4126 EXT: 220 or ecomo@ywcahp.com



YWCA HIGH POINT 155 W WESTWOOD AVE HIGH POINT, NC 27262 P: 336-882-4126

August 26th - October 5th Monthly Pool Calendar

Monday 6am - 8pm Aug 26th	Tuesday	NAZA ALAMANIA			
	luesuay	Wednesday	Thursday	Friday	Saturday
Aug 26th	6am - 7pm	6am - 8pm	6am - 7pm	6am - 6pm	7am - 11am
	Aug 27th	Aug 28th	Aug 29th	Aug 30th	Aug 31st
	9-9:45am Water Aerobics		9-9:45am Water Aerobics		
11-11:45am Water Aerobics 12-12:45 Water Arthritis	11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45 Water Arthritis	11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance	11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	4-5pm YW Afterschool Swim	
No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week		
Sept 2nd	Sept 3rd	Sept 4th	Sept 5th	Sept 6th	Sept 7th
55,52				1	
YWCA CLOSED	9-9:45am Water Aerobics		9-9:45am Water Aerobics		
YWCA	11-11:45am Water Arthritis	11-11:45am Water Aerobics	11-11:45am Water Arthritis	11-11:45am Water Aerobics	
CLOSED FOR	12-12:45pm Swim 4 Fitness	12-12:45 Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45 Water Arthritis	
LABOR DAY! HAPPY LABOR DAY!	6-6:45pm Water Aerobics	5-7pm APP Plunge 6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
	No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week		
Sept 9th	Sept 10th	Sept 11th	Sept 12th	Sept 13th	Sept 14th
	9-9:45am Water Aerobics		9-9:45am Water Aerobics		
11-11:45am Water Aerobics	11-11:45am Water Arthritis	11-11:45am Water Aerobics	11-11:45am Water Arthritis	11-11:45am Water Aerobics	
12-12:45 Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45 Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45 Water Arthritis	
				4 5 VIA 4 66 1 0 i	9-9:45am Water Aerobics
4-7pm Swim Lessons	4-7pm Swim Lessons	4-7pm Swim Lessons	4-7pm Swim Lessons	4-5pm YW Afterschool Swim	
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics		
6-6:45pm Deep H2O Aerobics Sept 16th	6-6:45pm Water Aerobics Sept 17th	6-6:45pm Deep H2O Aerobics Sept 18th	6-6:45pm Water Aerobics Sept 19th	Sept 20th	Sept 21st
6-6:45pm Deep H2O Aerobics Sept 16th	6-6:45pm Water Aerobics Sept 17th	6-6:45pm Deep H2O Aerobics Sept 18th	6-6:45pm Water Aerobics Sept 19th	Sept 20th	Sept 21st
	·			Sept 20th	Sept 21st
Sept 16th 11-11:45am Water Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis	Sept 18th 11-11:45am Water Aerobics	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis	11-11:45am Water Aerobics	Sept 21st
Sept 16th	Sept 17th 9-9:45am Water Aerobics	Sept 18th	Sept 19th 9-9:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 21st 9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics	
Sept 16th 11-11:45am Water Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis	Sept 18th 11-11:45am Water Aerobics	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis	11-11:45am Water Aerobics 12-12:45 Water Arthritis	
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45 Water Arthritis	
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons	11-11:45am Water Aerobics 12-12:45 Water Arthritis	
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th	9-9:45am Water Aerobics Sept 28th
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th	9-9:45am Water Aerobics Sept 28th
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics Sept 28th
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics Sept 28th 9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics Sept 28th
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics Sept 28th 9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 1st 9-9:45am Water Aerobics 11-11:45am Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Oct 2nd	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 3rd 9-9:45am Water Aerobics 11-11:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Oct 4th	9-9:45am Water Aerobics Sept 28th 9-9:45am Water Aerobics Oct 5th
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 30th	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 1st 9-9:45am Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Oct 2nd	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 3rd 9-9:45am Water Aerobics 11-11:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Oct 4th	9-9:45am Water Aerobics Sept 28th 9-9:45am Water Aerobics
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 30th	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 1st 9-9:45am Water Aerobics 11-11:45am Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Oct 2nd	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 3rd 9-9:45am Water Aerobics 11-11:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Oct 4th 11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics Sept 28th 9-9:45am Water Aerobics Oct 5th
Sept 16th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 23rd 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 30th	Sept 17th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 24th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 1st 9-9:45am Water Aerobics 11-11:45am Water Aerobics	Sept 18th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Sept 25th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Oct 2nd	Sept 19th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Sept 26th 9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics Oct 3rd 9-9:45am Water Aerobics 11-11:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Sept 27th 11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool Swim Oct 4th	9-9:45am Water Aerobics Sept 28th 9-9:45am Water Aerobics Oct 5th