

BLOCK #1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:50							
10:00 - 10:50	1/2 Sea/Sal		1/2 Sea/Sal		1/2 Sea/Sal		
11:00 - 11:50	3/4 Sun/Crocs		3/4 Sun/Crocs		3/4 Sun/Crocs		
12:00 - 12:50	5/6 Tots / 1		5/6 Tots / 1		5/6 Tots / 1	LAP/Adult Fit	LAP/Adult Fit
1:00 - 1:50	Chronic Pain	<u>HYDRO</u>	Chronic Pain	<u>HYDRO</u>	Chronic Pain	Family	Family
2:00 - 2:50	Open	Open	Open	Open	Open	Open	Open
3:00 - 3:50	7,8,9,10	Parent Tot	7,8,9,10	Parent Tot	7,8,9,10	Parent Tot	Parent Tot
4:00 - 4:50	5/6 Croc /Sal		5/6 Croc /Sal		5/6 Croc /Sal		
5:00 - 5:50	1/2 Tots/Sea	Family	1/2 Tots/Sea	Family	1/2 Tots/Sea		
6:00 - 6:50	3 / 4	Dolphins	3 / 4	Dolphins	3 / 4		
7:00 - 7:50	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins		
8:00 - 8:50	AquaAerobics	AquaAerobics	W.G.	AquaAerobics	AquaAerobics		
9:00 - 9:50	LAP/Adult Fit	LAP/Adult Fit	LAP/Adult Fit	LAP/Adult Fit	LAP/Adult Fit		

OPEN SWIM - Children under the age of 7 years must be accompanied by an adult. Maximum 2 children under the age of 7 years per adult

FAMILY SWIM - Adult must be present in pool. Maximum 2 children under the age of 7 years per adult

PARENT & TOT - Adult must be present in pool. Maximum 2 children under the age of 7 per adult. Children age 2 and younger swim free

