

## JULY

#### MONDAY

_							1-8pm Lai					
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WEL		
6:00 AM											6:00 AM	
6:30 AM											6:30 AM	
7:00 AM											7:00 AM	
7:30 AM											7:30 AM	
8:00 AM											8:00 AM	
8:30 AM											8:30 AM	
9:00 AM								AQUA A	EROBICS		9:00 AM	
9:30 AM				-	<b>Висанової на</b>				-10AM		9:30 AM	
10:00 AM				-	Progressive Pediatrics						10:00 AM	
10:30 AM				-	9a-11a						10:30 AM	
11:00 AM	WE	Alex Swim									11:00 AM	
11:30 AM	Aquatics 10AM-1PM	Camp								-	11:30 AM	
12:00 PM		-								-	12:00 PM	
12:30 PM										-	12:30 PM	
1:00 PM										-	1:00 PM	
1:30 PM											1:30 PM	
2:00 PM				<u> </u>							2:00 PM	
2:30 PM												2:30 PM
3:00 PM					Progressive						3:00 PM	
3:30 PM					Pediatrics 1pm-6pm						3:30 PM	
4:00 PM			VA/E A	quatics							4:00 PM	
4:30 PM	ALEX : SWIM L			-7:00PM							4:30 PM	
5:00 PM		-8:15PM									5:00 PM	
5:30 PM											5:30 PM	
6:00 PM											6:00 PM	
6:30 PM										Get in Deep	6:30 PM	
7:00 PM	ALEX SWIM									w/Candice 6:30-7:15	7:00 PM	
7:30 PM	SWIM LESSONS 3PM-830PM AQUA ZUMBA 7:15-8:15									7:30 PM		
8:00 PM										8:00 PM		
8:30 PM		7:15	- <del>o</del> :15								8:30 PM	
9:00 PM				PO	OL CLOSE	CLOSES AT 8:45PM						
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL		



## JULY

### TUESDAY

		Lanes avai	lable unles	s noted. L	imited lanes	3pm-8pm	Lane availability is subject to change.				i
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELL	_
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM							40114.5	VEDCICE FOR	CENTODE		8:00 AM
8:30 AM								XERCISE FOR ::15AM-9:00A			8:30 AM
9:00 AM		Alex Swim		-							9:00 AM
9:30 AM		Camp			Progressive			AQUA EXERCISE FOR SENIORS			9:30 AM
10:00 AM					Pediatrics		9:30AM-10:15AM			10:00 AM	
10:30 AM					9a-11a						10:30 AM
11:00 AM	WE	W	ATER WALKIN	NG							11:00 AM
11:30 AM	Aquatics 10AM-1PM		:55AM-11:55/								11:30 AM
12:00 PM											12:00 PM
12:30 PM											12:30 PM
1:00 PM		Alex Swim									1:00 PM
1:30 PM		Camp									1:30 PM
2:00 PM											2:00 PM
2:30 PM											2:30 PM
3:00 PM											3:00 PM
3:30 PM			M/E A	vuotiss							3:30 PM
4:00 PM				quatics -7:00PM							4:00 PM
4:30 PM											4:30 PM
5:00 PM									94		5:00 PM
5:30 PM									Marlins 5-6p 07/10, 07/15,		5:30 PM
6:00 PM	M LESSONS	3:00PM-8:30							07/17 ONLY		6:00 PM
6:30 PM			er Aerobics								6:30 PM
7:00 PM			:15pm								7:00 PM
7:30 PM											7:30 PM
8:00 PM											8:00 PM
8:30 PM											8:30 PM
9:00 PM			•		OL CLOSE:					1	9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	<u> </u>



#### **WEDNESDAY**

						•				ect to chang	
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM											8:00 AM
8:30 AM											8:30 AM
9:00 AM								AQUA A	EROBICS		9:00 AM
9:30 AM					Progressive				10AM		9:30 AM
10:00 AM					Pediatrics					Deep Water	10:00 AN
10:30 AM					9a-11a					Aqua Aero 10:10-11:10	10:30 AN
11:00 AM	WE Aquatics Alex Swim	Alex Swim									11:00 AN
11:30 AM	10AM-1PM	Camp									11:30 AN
12:00 PM											12:00 PN
12:30 PM											12:30 PN
1:00 PM								-			1:00 PM
1:30 PM										-	1:30 PM
2:00 PM											2:00 PM
2:30 PM											2:30 PM
3:00 PM					Progressive			-		-	3:00 PM
3:30 PM					Pediatrics 1pm-6pm						3:30 PM
4:00 PM			WF A	quatics	тріп-оріп						4:00 PM
4:30 PM	ALEX : SWIM L			-7:00PM							4:30 PM
5:00 PM		-8:15PM									5:00 PM
5:30 PM						We					5:30 PM
6:00 PM						Aquatics ST 5:30-6:30					6:00 PM
6:30 PM						3.30-0.30				OFT IN DEED	6:30 PM
7:00 PM										GET IN DEEP 630-730PM	7:00 PM
7:30 PM											7:30 PM
8:00 PM											8:00 PM
8:30 PM											8:30 PM
9:00 PM				POO	L CLOSES	AT 8:45	PM				9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



#### JULY

#### THURSDAY

		Lanes	s available	unless not	ed. Limited	Tanes 3pm	n-8pm La	ne availabi		_	
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI	L
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM											7:00 AM
7:30 AM											7:30 AM
8:00 AM							ΔΟΙΙΔ Ε	XERCISE FOR	SENIORS		8:00 AM
8:30 AM								815AM-900AI			8:30 AM
9:00 AM		Alex Swim									9:00 AM
9:30 AM		Camp			Progressive			XERCISE FOR			9:30 AM
10:00 AM					Pediatrics		9	30AM-1015A	.M		10:00 AM
10:30 AM					9a-11a						10:30 AM
11:00 AM	WE	W	ATER WALKII	NG							11:00 AM
11:30 AM	Aquatics 10AM-1PM	10	)55AM-1155A	M							11:30 AM
12:00 PM											12:00 PM
12:30 PM		Alex Swim									12:30 PM
1:00 PM											1:00 PM
1:30 PM		Camp									1:30 PM
2:00 PM											2:00 PM
2:30 PM											2:30 PM
3:00 PM											3:00 PM
3:30 PM											3:30 PM
4:00 PM	ALEX			quatics -7:00PM							4:00 PM
4:30 PM		ESSONS -8:30PM	2.001 101	7.001 141							4:30 PM
5:00 PM	3.001 111	0.501 111							Marlins 5-6p		5:00 PM
5:30 PM									07/10, 07/15,		5:30 PM
6:00 PM									07/17 ONLY		6:00 PM
6:30 PM		Hi/Lo Wate	er Aerobics					1			6:30 PM
7:00 PM		6:30pm						1			7:00 PM
7:30 PM								1			7:30 PM
8:00 PM								1			8:00 PM
8:30 PM											8:30 PM
9:00 PM				POO	OL CLOSE	S AT 8:4!	5PM				9:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



#### JULY

#### **FRIDAY**

	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7		DIVING WEL	
6:00 AM											6:00 AM
6:30 AM											6:30 AM
7:00 AM				-							7:00 AM
7:30 AM											7:30 AM
8:00 AM											8:00 AM
8:30 AM											8:30 AM
9:00 AM											9:00 AM
9:30 AM											9:30 AM
10:00 AM					Progressive Pediatrics 9a						10:00 AM
10:30 AM					11a						10:30 AM
		Alex Swim Camp									11:00 AM
11:30 AM	WE Aquatics 10AM-1PM										11:30 AM
12:00 PM											12:00 PM
12:30 PM											12:30 PM
1:00 PM											1:00 PM
1:30 PM											1:30 PM
2:00 PM											2:00 PM
2:30 PM											2:30 PM
3:00 PM		A.U. V									3:00 PM
3:30 PM	SW	/III/ /IM		quatics I-5:30PM						nternal raining 2pm	3:30 PM
4:00 PM	2:00-5	:45PM	2.00Piv	1-3.3UPIVI					6pm	06/13 &	4:00 PM
4:30 PM									06/27 ONL	Y 2pm-6pm	4:30 PM
5:00 PM									-		5:00 PM
5:30 PM											5:30 PM
6:00 PM					CLOSES						6:00 PM
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL	



## JULY

#### **SATURDAY**

Birthday Parties 1:30pm-2:30pm & 3:30pm-4:30pm Lane availability is subject to change.

		Birt	nday Parti	es 1:30pm-	2:30pm & .	3:30pm-4:3	opm Lane	avallabili	y is subjec	s subject to change.					
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WELI					
8:00 AM											8:00 AM				
8:30 AM											8:30 AM				
9:00 AM											9:00 AM				
9:30 AM											9:30 AM				
10:00 AM	WATER EXERCISE 9:00AM-10:00AM										10:00 AM				
10:30 AM											10:30 AM				
11:00 AM		ALEX SWIM									11:00 AM				
11:30 AM		WIM LESSON :00AM-1:30P									11:30 AM				
12:00 PM	STA	ARTING JAN 2	0th								12:00 PM				
12:30 PM				WE Aquatics 11:00am-2:30pm							12:30 PM				
1:00 PM					. =.eep					1:00 PM					
1:30 PM							WE Aquatics				1:30 PM				
2:00 PM							Swim Team 1:30-2:30PM				2:00 PM				
2:30 PM										nal Lifeguard /14 & 6/28	2:30 PM				
3:00 PM									_	2pm-6pm	3:00 PM				
3:30 PM		FAMILY SWIM RTHDAY PART									3:30 PM				
4:00 PM		2PM-5:30PM									4:00 PM				
4:30 PM											4:30 PM				
5:00 PM											5:00 PM				
5:30 PM											5:30 PM				
6:00 PM				POC	OL CLOSE	S AT 5:4!	5PM				6:00 PM				
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL					



#### JULY

#### **SUNDAY**

Birthday Parties 1:30pm-2:30pm & 3:30pm-4:30pm Lane availability is subject to change.

ı								•	is subject to			
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVING WEL	1	
8:00 AM											8:00 AM	
8:30 AM											8:30 AM	
9:00 AM								AQUA	ZUMBA		9:00 AM	
9:30 AM									10:00A		9:30 AM	
10:00 AM											10:00 AM	
10:30 AM		ALEX SWIM									10:30 AM	
11:00 AM		WIM LESSON :00AM-1:30P									11:00 AM	
11:30 AM		ARTING JAN 2									11:30 AM	
12:00 PM											12:00 PM	
12:30 PM				WE Ad 11:00am	quatics 1-2:30pm					"	12:30 PM	
1:00 PM							WE AQUATIC			1:00 PM		
1:30 PM							SWIM	TEAM		1:30 PM		
2:00 PM										2:		
2:30 PM									CQRC Interr	nal Lifeguard	2:30 PM	
3:00 PM	ı	FAMILY SWIN	1						_	/15 & 06/29 2pm-6pm	3:00 PM	
3:30 PM	BIF	RTHDAY PART 1:30-5:30PM							ONET, I	2piii-opiii	3:30 PM	
4:00 PM		1.30-3.30F1VI									4:00 PM	
4:30 PM											4:30 PM	
5:00 PM											5:00 PM	
5:30 PM											5:30 PM	
6:00 PM				PO	OL CLOSE	S AT 5:4	5PM				6:00 PM	
	RAMP	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	DIVE WELL		