

## Open Swim/IE SPRING Schedule 2019

Day	Pool 1	OPEN/IE	Day	Pool 2	OPEN/GROUP
Mon	8:15am-9:00 am	IE	Mon	6:00am-9:15am	OPEN SWIM
Mon	11:30am-12:15pm	IE	Mon	9:15am-10:00am	OPEN (Shallow Only)
Mon	3:30pm-4:15pm	IE	Mon	10:00am-11:00am	OPEN SWIM
			Mon	11:00am-11:45am	OPEN (Deep Only)
Tues	11:30am-12:15pm	IE	Mon	12:00-1:00pm	OPEN (Shallow Only)
Tues	2:45pm-3:30pm	IE	Mon	1:00pm-2:00pm	GROUP SWIM
			Mon	2:00pm-4:00pm	OPEN SWIM
Wed	8:15am-9:00am	IE	Mon	5:00pm-5:45pm	OPEN (Shallow Only)
Wed	11:30am-12:15pm	IE	Mon	5:45pm-7:30pm	OPEN SWIM
Wed	3:30pm-4:15pm	IE			
			Tues	6:00am-9:15am	OPEN SWIM
Thurs	11:30am-12:15pm	IE	Tues	9:15am-10:00am	OPEN (Shallow Only)
Thurs	2:45pm-3:30pm	IE	Tues	10:00am-12:00pm	OPEN SWIM
			Tues	12:00pm-1:00pm	OPEN (Shallow Only)
Fri	8:15am-9:00am	IE	Tues	1:00pm-2:00pm	GROUP SWIM
Fri	11:30am-1:45pm	IE	Tues	2:00pm-4:00pm	OPEN SWIM
			Tues	5:45pm-7:30pm	OPEN SWIM
			Wed	6:00am-6:30m	OPEN SWIM
			Wed	6:30am-7:15am	OPEN (Shallow Only)
			Wed	7:15am-9:15am	OPEN SWIM
			Wed	9:15am-10:00am	OPEN (Shallow Only)
			Wed	10:00am-11:00am	OPEN SWIM
			Wed	11:00am-11:45am	OPEN (Deep Only)
			Wed	12:00pm-1:00pm	OPEN (Shallow Only)
			Wed	1:00pm-2:00pm	GROUP SWIM
			Wed	2:00pm-4:30pm	OPEN SWIM
			Wed	5:30pm-7:30pm	OPEN (Shallow Only)
			Thurs	6:00am-9:15am	OPEN SWIM
			Thurs	9:15am-10:00am	OPEN (Shallow Only)
			Thurs	10:00am-12:00pm	OPEN SWIM
			Thurs	12:00pm-1:00pm	OPEN (Shallow Only)
			Thurs	1:00pm-2:00pm	GROUP SWIM
			Thurs	2:00pm-6:00pm	OPEN SWIM
			Thurs	6:00pm-6:45pm	OPEN (Shallow Only)
			Thurs	6:45pm-7:30pm	OPEN SWIM
			Fri	6:00am-1:00pm	OPEN SWIM
			Fri	1:00pm-2:00pm	GROUP SWIM
			Fri	2:00pm-3:00pm	OPEN SWIM

Revised 4/17/19

# MAKE-UP CLASS OPTIONS SPRING 2019

Day	Class	Time	Pool
Mon	Water Yoga	6:30am-7:15am	1
Mon	Gentle Fitness	7:30am-8:15am	1
Mon	Gentle DW	9:15am-10:00am	2
Mon	Deep Water (DW)	12:00pm-12:45pm	2
Mon	Joint Motion	12:15pm-1:00pm	1
Mon	Joint Motion Plus	2:45pm-3:30pm	1
Mon	Aqua Mix	4:00pm-4:45pm	2
Mon	Deep Water (DW)	5:00pm-5:45pm	2
Mon	Aqua Fit	6:00pm-6:45pm	1
Mon	Pain Management	6:45pm-7:30pm	1
Tues	Aqua Fit	6:30am-7:15am	1
Tues	Gentle Fitness	8:00am-8:45am	1
Tues	Joint Motion	9:00am-9:45am	1
Tues	Gentle DW	9:15am-10:00am	2
Tues	Joint Motion	10:45am-11:00am	1
Tues	Deep Water (DW)	12:00pm-12:45pm	2
Tues	Aqua Zumba	12:15pm-1:00pm	1
Tues	Aqua Fit	6:45pm-7:30pm	1
Wed	Deep Water (DW)	6:30am-7:15am	2
Wed	Gentle DW	9:15am-10:00am	1
Wed	Back in Action	10:45am-11:30am	1
Wed	Deep Water (DW)	12:00pm-12:45pm	2
Wed	Pain Management	12:15pm-1:00pm	1
Wed	Joint Motion Plus	2:45pm-3:30pm	1
Wed	Joint Motion	4:15pm-5:00pm	1
Wed	Deep Water (DW)	5:00pm-5:45pm	2
Thurs	Aqua Fit	6:30am-7:15am	1
Thurs	Gentle Fitness	8:00am-8:45am	1
Thurs	Gentle DW	9:15am-10:00am	2
Thurs	Joint Motion	9:00am-9:45am	1
Thurs	Joint Motion	10:45am-11:30am	1
Thurs	Deep Water (DW)	12:00pm-12:45pm	2
Thurs	Water Yoga	12:15pm-1:00pm	1
Thurs	H2O Hip & Knee	1:00pm-1:45pm	1
Thurs	Deep Water (DW)	6:00pm-6:45pm	1
Fri	Power to Stretch	6:30am-7:15am	1
Fri	Gentle Fitness	7:30am-8:15am	1
Fri	Joint Motion Plus	9:00am-9:45am	1
Fri	Back in Action	10:45am-11:30am	1
Updated 4/17/19			