

March Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OPEN SWIM 1-5	2 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Water Walking 10-10:50a CC Aqua Bootcamp 5-5:50p CC Water Walking 6-6:50p CC Fit kids 6:15-7 TP Special O 5 Lanes 6-7p LAP	3 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:30 LL Aqua Yoga 10-10:45am TP Water Walking 10:00-1050a CC WW-5-5:40p CC CFFD 9a-2p (2 Lap Lanes)	4 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL Fit kid 6:15-7 TP Homeschool 10:15-12 Special O 5 Lanes 6-7p LAP	5 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Adapted 10:15-10:55a TP	6 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC	7 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP
8 OPEN SWIM 1-5	9 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Water Walking 10-10:50a CC Aqua Bootcamp 5-5:50p CC Water Walking 6-6:50p CC Fit kids 6:15-7 TP Special O 5 Lanes 6-7p LAP	10 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:30 LL Aqua Yoga 10-10:45am TP Water Walking 10:00-1050a CC WW-5-5:40p CC CFFD 9a-2p (2 Lap Lanes) Swim Club 2 Lanes 6:30-7p LAP	11 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL Fit kid 6:15-7 TP Homeschool 10:15-12 Special O 5 Lanes 6-7p LAP	12 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Adapted 10:15-10:55a TP Swim Lessons 5-7pm Swim Club 2 Lanes 6:30-7p LAP	13 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC	14 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP Swim Lessons 9-12:30p
15 OPEN SWIM 1-5	16 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Water Walking 10-10:50a CC Aqua Bootcamp 5-5:50p CC Water Walking 6-6:50p CC Fit kids 6:15-7 TP Special O 5 Lanes 6-7p LAP	17 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:30 LL Aqua Yoga 10-10:45am TP Water Walking 10:00-1050a CC WW-5-5:40p CC Swim Club 2 Lanes 6:30-7p LAP	18 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL Fit kid 6:15-7 TP Special O 5 Lanes 6-7p LAP	19 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Swim Lessons 5-7pm Swim Club 2 Lanes 6:30-7p LAP	20 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC	21 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP Swim Lessons 9-12:30p
22 OPEN SWIM 1-5	23 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Water Walking 10-10:50a CC Aqua Bootcamp 5-5:50p CC Water Walking 6-6:50p CC Fit kids 6:15-7 TP LG Class 9a-3p Special O 5 Lanes 6-7p LAP	24 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:30 LL Aqua Yoga 10-10:45am TP Water Walking 10:00-1050a CC WW-5-5:40p CC LG Class 9a-3p	25 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL Fit kid 6:15-7 TP LG Class 9a-3p Special O 5 Lanes 6-7p LAP	26 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP LG Class 9a-3p	27 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC LG Class 9a-3p	28 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP
29 OPEN SWIM 1-5	30 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Water Walking 10-10:50a CC Aqua Bootcamp 5-5:50p CC Water Walking 6-6:50p CC Fit kids 6:15-7 TP Special O 5 Lanes 6-7p LAP	31 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:30 LL Aqua Yoga 10-10:45am TP Water Walking 10:00-1050a CC WW-5-5:40p CC Swim Club 2 Lanes 6:30-7p LAP				LL: Leisure Lanes LAP: Lap Lanes CC: Current Channel TP: Therapy Pool