

July Aquatics		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LL: Leisure Lanes LAP: Lap Lanes CC: Current Channel TP: Therapy Pool		Upcoming Aquatics Shutdown: August 3 rd through 16 th Annual Members can go to WWFAC for free during that time. Class schedule will be announced at the FAC.			1 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL WW 5:15-5:55p CC Fit kid 615-7 TP	2 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Aqua Zoom 9-9:50a LL	3 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	4 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP
5 OPEN SWIM 1-5	6 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 Fit kids 615-7 TP	7 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Aqua Yoga 10-10:45am TP Water Walking 10-10:50a CC WW-5-5:40p CC Swim Lessons 5-7p	8 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL WW 5:15-5:55p CC Fit kid 615-7 TP	9 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Aqua Zoom 9-9:50a LL	10 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	11 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP Swim Lessons 9-12:30		
12 OPEN SWIM 1-5	13 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 Fit kids 615-7 TP	14 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC Swim Lessons 5-7p	15 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL WW 5:15-5:55p CC Fit kid 615-7 TP	16 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Aqua Zoom 9-9:50a LL	17 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	18 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP Swim Lessons 9-12:30		
19 OPEN SWIM 1-5	20 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 Fit kids 615-7 TP	21 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC Swim Lessons 5-7p	22 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL WW 5:15-5:55p CC Fit kid 615-7 TP	23 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Aqua Zoom 9-9:50a LL	24 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	25 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP Swim Lessons 9-12:30		
26 OPEN SWIM 1-5	27 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 Fit kids 615-7 TP	28 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC	29 ROM 9-950a TP Hi Lo Combat 9:30-10:15a LL Water Walking 10:00-1050a CC Aqua Zoom 5:15-6p LL WW 5:15-5:55p CC Fit kid 615-7 TP	30 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Aqua Zoom 9-9:50a LL	31 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a			