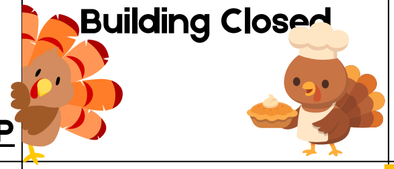
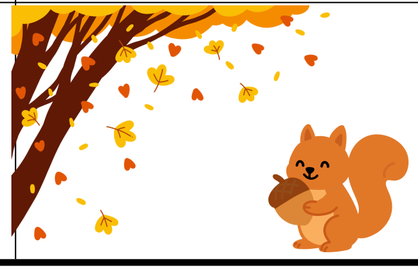
November Aquatics

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 Aqua Bootcamp 5-5:50p CC Fit kids 615-7 TP	3 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:50am LL Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC	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 615-7 TP Homeschool 10-12	5 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Water Walking Pop Up 5-5:50p CC	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 Aqua Bootcamp 5-5:50p CC Fit kids 615-7 TP	10 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:50am LL Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC	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 615-7 TP Homeschool 10-12	12 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Woodridge Adapted 10:15-10:55a TP	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 CVCA LG Pretest 2 lanes 11-12p
15 OPEN SWIM 1-5	16 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Aqua Bootcamp 5-5:50p CC Fit kids 615-7 TP	17 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:50am LL Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC	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 615-7 TP	19 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Water Walking Pop Up 5-5:50p CC Woodridge Adapted 10:15-10:55a TP	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
22 OPEN SWIM 1-5	23 ROM-8-850a TP Pilates Barre 8:20-9 LL Deep 9-950a LAP Aqua Bootcamp 5-5:50p CC Fit kids 615-7 TP	24 Shallow/Deep 8-850a LAP ROM 9-9:50am TP Hydro Pilates 9-9:50am LL Aqua Yoga 10-10:45am TP Water Walking 10-10:50am CC WW-5-5:40p CC	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 615-7 TP CFHS SWIM MEET 3:30-7P	26 Happy Thanksgiving! Building Closed 	27 All Water Fitness Classes are Canceled!	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 Aqua Bootcamp 5-5:50p CC Fit kids 615-7 TP	Swim Lesson Registration: Fall 2 Mini Session Nov 16-17: Residents and Annual Members ONLY Nov 18: Non-Residents Nov 21: Last Day Classes are Dec 1-19	LL: Leisure Lanes LAP: Lap Lanes CC: Current Channel TP: Therapy Pool	SEE OTHER SIDE FOR SWIM TEAM PRACTICE TIMES!		

November Swim Team Schedule Lap Pool

Monday	Tuesday	Wednesday	Thursday	Friday
2 CFHS Swim Team 5:45-7a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	3 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	4 CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	5 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	6 Masters Swim Club 6:30-7:30a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes)
9 CFHS Swim Team 5:45-7a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	10 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	11 CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	12 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	13 Masters Swim Club 6:30-7:30a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes)
16 CFHS Swim Team 5:45-7a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	17 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	18 CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	19 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	20 Masters Swim Club 6:30-7:30a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes)
23 CFHS Swim Team 5:45-7a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)	24 CFHS Swim Team 3:30-5:30p (4 Lanes) CFHS Dive Team 7-8:30p (2 Lanes)	25 CFHS Alumni Meet 3:30-7p	26 Happy Thanksgiving! Building Closed	27 Masters Swim Club 6:30-7:30a (2 Lanes) CFHS Swim Team Practice Time TBA (4 Lanes)
30 CFHS Swim Team 5:45-7a (2 Lanes) CFHS Swim Team 3:30-5:30p (4 Lanes) Special Olympics 6-7p (5 Lanes)				