

September Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 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	1 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	2 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	3 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP	4 Masters Swim Club 6:30-7:30a	5 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP
6 OPEN SWIM 1-5	7 Labor Day! Aquatics Hours: 5:30a-1:45p <u>*All Water Fitness Classes Canceled*</u>	8 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	9 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	10 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP	11 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	12 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP
13 OPEN SWIM 1-5	14 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	15 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	16 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	17 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP	18 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	19 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP
20 OPEN SWIM 1-5	21 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 Special Olympics 6-7p LAP	22 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 Swim Lessons 5-7:30p Swim Club 6-7p LAP	23 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 Special Olympics 6-7p LAP	24 Hydro Pilates 8-850a LL Deep Water 8-8:50a LAP ROM 9-9:50am TP Swim Lessons 5-7:30p Swim Club 6-7p LAP	25 Aqua Zoom 9-950a LL Water Walking 10-10:50a CC Masters Swim Club 6:30-7:30a	26 OPEN SWIM 1-5 Shallow/Deep 9-950a LAP Deep Plus 10-1050a LAP Swim Lessons 9-12:30
27 OPEN SWIM 1-5	28 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 Special Olympics 6-7p LAP	29 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 Swim Lessons 5-7:30p Swim Club 6-7p LAP	30 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 Special Olympics 6-7p LAP	LL: Leisure Lanes LAP: Lap Lanes CC: Current Channel TP: Therapy Pool	Swim Lesson Registration: 9/14-15: CF Residents and Annual Nat Members 9/16: Non-Residents 9/17: Phone Registration 9/19: Last Day of Registration	