

# SPRING DROP IN SWIM SCHEDULE April 19 - June 25, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Lengths &amp; Family Swim</b> 5:30-8:00am					
	<b>Programs &amp; Family Swim</b> 8:00-11:30am					<b>*Programs &amp; Family Swim</b> Limited Public Space  Shallow Fit 8:35-9:25
<b>Lengths &amp; Family Swim</b> 9:00-12:00PM	Deep Fit 8:05-8:55 Shallow Fit 9:05-9:55 Foundations 10:35-11:25	Shallow Fit 8:05-8:55 Deep Fit 9:05-9:55 Cardio Conditioning 10:35-11:25	Deep Fit 8:05-8:55 Shallow Fit 9:05-9:55 Foundations 10:35-11:25	Shallow Fit 8:05-8:55 Deep Fit 9:05-9:55 Cardio Conditioning 10:35-11:25	Deep Fit 8:05-8:55 Shallow Fit 9:05-9:55 Foundations Plus 10:35-11:25	
	<b>Lengths &amp; Rehabilitation 11:30AM-12:30PM</b>					<b>8:00-12:00PM</b>
	<b>Lengths &amp; Family Swim 12:30-1:00pm</b>					<b>Everyone Welcome &amp; Programs</b> 12:00-1:00PM
	<b>Everyone Welcome &amp; Programs</b>					<b>Everyone Welcome</b> 1:00-3:00PM
	<b>1:00-4:00PM</b>					<b>Everyone Welcome &amp; Club Rentals</b> 3:00-5:00pm
	<b>*Programs &amp; Family Swim</b> Limited Public Space  Total Body Workout 6:05-6:55pm	<b>Programs &amp; Adult Swim</b> 4:00-6:30pm	<b>*Programs &amp; Family Swim</b> Limited Public Space  Total Body Workout 6:05-6:55pm	<b>Programs &amp; Adult Swim</b> 4:00-6:30pm	<b>*Programs &amp; Family Swim</b> Limited Public Space  4:00-7:00PM  Total Body Workout 6:05-6:55pm	<b>Everyone Welcome</b> 5:00-7:30PM
<b>3:30-7:00PM</b>	<b>4:00-7:00PM</b>	<b>Everyone Welcome &amp; Programs</b>  Cardio Blast 7:05-7:55pm	<b>4:00-7:00PM</b>	<b>Everyone Welcome &amp; Programs</b>  Cardio Blast 7:05-7:55pm	<b>Everyone Welcome</b>	
<b>7:00-9:00PM</b>	<b>7:00-9:00PM</b>	<b>6:30-9:00PM</b>	<b>7:00-9:00PM</b>	<b>6:30-9:00PM</b>	<b>7:00-10:30PM</b>	