

WINTER DROP IN SWIM SCHEDULE February 6-March 19, 2022

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