

# WINTER DROP IN SWIM SCHEDULE January 23-March 19, 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
<b>Lengths &amp; Family Swim</b>	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	<b>Lengths &amp; Rehabilitation 11:30AM-12:30PM</b>					8:00-12:00PM
	<b>Lengths &amp; Family Swim 12:30-1:00pm</b>					12:00-1:00PM
<b>Everyone Welcome</b>	<b>Everyone Welcome &amp; Programs</b> 1:00-3:00PM	<b>Everyone Welcome &amp; Programs</b> 1:00-3:00PM	<b>Everyone Welcome &amp; Programs</b> 1:00-3:00PM	<b>Everyone Welcome &amp; Programs</b> 1:00-3:00PM	<b>Everyone Welcome &amp; Programs</b> 1:00-3:00PM	<b>Everyone Welcome</b> 1:00-3:00PM
1:00-3:30PM	<b>*Programs &amp; Family Swim</b> Limited Public Space	<b>Programs ONLY</b> 3:30-6:30PM	<b>*Programs &amp; Family Swim</b> Limited Public Space	<b>Programs ONLY</b> 3:30-6:30PM	<b>*Programs &amp; Family Swim</b> Limited Public Space	<b>Everyone Welcome &amp; Club Rentals</b> 3:00-5:00pm
3:30-6:30PM	3:00-7:00PM Total Body Workout 6:05-6:55pm	<b>*Programs &amp; Family Swim</b> Limited Public Space	3:00-7:00PM Total Body Workout 6:05-6:55pm	<b>*Programs &amp; Family Swim</b> Limited Public Space	3:00-7:00PM	<b>Everyone Welcome</b>
<b>Everyone Welcome &amp; Programs</b>	<b>Everyone Welcome &amp; Programs</b>	6:30-8:00PM Cardio Blast 7:05-7:55pm	<b>Everyone Welcome &amp; Programs</b>	6:30-8:00PM Cardio Blast 7:05-7:55pm	<b>Everyone Welcome</b>	5:00-7:30PM
6:30-9:00PM	7:00-9:00PM	8:00-9:00PM	7:00-9:00PM	8:00-9:00PM	7:00-9:00PM	