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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 9:30 am**  Advanced Aquatykes	9 - 10 am Physical Therapy	8:30 - 9:30 am  Deep Water Workout (A)	9 - 10 am Physical Therapy	9 - 10 am  Aquacise (A)	8:30 - 9:30 am  Deep Water Workout (A)
9 - 9:30 am**  Level 2	10 - 11 am  Cardio-Aquacise (A)	9:30 - 10:30 am  Noodle Workout (A)	10 - 11 am  Cardio-Aquacise (A)	10 - 11 am MS Society	9 - 10 am Physical Therapy
9:30 - 10 am**  Level 4	11 am - 12 pm  Deep Water Workout (A)	10:30 am - 12 pm Early Childhood 	2:15 - 2:45 pm  EC Enrichment	11 - 11:30 am  Early Childhood	10 - 11 am  Cardio-Aquacise (A)
9:35 - 10:05 am** Aquatykes 	12 - 1 pm  Water Workout (A)		3 - 4 pm Physical Therapy	11:30 am - 12:30 pm Low Impact (A) 	11 am - 12 pm  Deep Water Workout (A)
10:10 - 10:40 am** Aquatykes II 	2:15 - 2:45 pm EC Enrichment 	12:30 - 1 pm  2 Year Old Aqua	4:30 - 5 pm*  Level 1	12:30 - 1:30 pm  Deep Water Workout (A)	1 - 1:30 pm  2 Year Old Aquatics
10:45 - 11:15 am** Swim Time for Tots 	3 - 4 pm Physical Therapy	4:30 - 5:15 pm* Baldwin Swim	5 - 5:30 pm*  Level 3		
11 am - 12 pm** Level 1+3 	5 - 6:30 pm  Level 1+2		5:30 - 6 pm*  Level 4		2:15 - 2:45 pm  Enrichment
11:15 - 11:45 am** 2 Year old Aquatics 	5 - 6:30 pm*  Spring Training		5 - 6:30 pm*  Spring Training	POOL CLOSED <i>Island Park</i> 5 - 6 pm	3:30 - 4 pm  Enrichment
12 - 12:30 pm** Level 2 	6 - 7 pm  Aquacise (A)	7:30 - 8:30 pm  Water Workout (A)	7 - 7:45 pm**  Waves II	5 - 6:30 pm*  Spring Training	3:45 - 4:30 pm Afterschool Swim
1:30 - 2:30 pm Swim Team Practice 	7 - 8 pm MS Society	8:30 - 9:30 pm  Pool Yoga WOMEN ONLY (A)	7:45 - 8:30 pm  Pool Yoga (A)	7:30 - 8:30 pm  Water Workout (A)	
WOMEN ONLY SWIM 4:30 - 5:30 pm	8 - 9 pm Aqua-Fit (A)	WOMEN ONLY SWIM 8:30 - 9:30 pm	8:30 - 9:30 pm Aqua-Fit (A)	MEN ONLY SWIM 8:30 - 9:30 pm	

Spring 2017
Session

Schedule is
subject to
change
please check
website
for updates