FOX POOL

the

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM 6:00	OPEN	IS @ 7AM	MON, WE	D. AND FF	RI		
6:15 7:00			OPENS @ 7am				
7:15 7:30	OPENS @ 7am				OPENS @ 7am		C
7:45	WATER WALKING	C	WATER WALKING	C	WATER WALKING		
8:00 8:15	7-9AM		7-9AM		7-9AM		
8:30 8:45	/-JAM		/-3AIM		/-3AIVI		0
9:00 9:15	MORNING SPLASH	L	MORNING SPLASH	L	MORNING SPLASH		
9:30 9:45	9-10AM		9-10AM		9-10AM	SWIM	S
10:00	OPEN		OPEN	0	OPEN	LESSONS	
10:45 11:00	SWIM & WATER		SWIM & WATER		SWIM & WATER	9AM-12PM	E
11:15 11:30	WALKING		WALKING		WALKING		
11:45 12:00	10-12	S	10-12	S	10-12		D
12:15	AQUA MOVES		AQUA MOVES		AQUA MOVES	OBEN	
12:30 12:45	12 – 1PM	E	12 – 1PM	E	12 – 1PM	OPEN SWIM	
1:00 1:15	AQUA		AUQA		AQUA	12-2PM	
1:30 1:45	CHALLENGE 1 – 2PM		CHALLENGE 1 – 2PM		CHALLENGE 1 – 2PM		OPEN SWIM
2:00							1-3PM
2:30							
2:45 3:00							
3:15 3:30							
3:45 4:00							_
4:15							
4:30 4:45							_
5:00 5:15	the	the	the	the			
5:30 5:45	LYST PRACTICE	LYST PRACTICE	LYST PRACTICE	LYST PRACTICE			
6:00 6:15					OPEN SWIM	5	
6:30		6 1.000	OPEN	C 1.844			
6:45 7:00	OPEN SWIM	SWIM LESSONS	SWIM	SWIM LESSONS	5-8PM		
7:15 7:30	6:30-8PM	6:15-8PM	6-8PM	6:15-8PM			
7:45 8:00	0:5U-8PM						
8:30							