

# July 2022 – Rec Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b> Aqua Fit – Ann 8-8:55am Silver Splash - Rebekah 9-9:45am	<b>28</b> Boot Camp – Bethany 5:45-6:30am Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>29</b> Aqua Fit – Ann 8-8:55am Aqua Blast - Amy 9:05-10am Yoga H20 -Bethany S 6:30-7:30pm	<b>30</b> Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am Lessons 5-7pm	<b>1</b> Aqua Fit – Dawn 8-8:55am Twist & Shout – Ann 9-10am	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Boot Camp – Bethany 5:45-6:30am Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>6</b> Aqua Fit – Ann 8-8:55am Aqua Blast - Amy 9:05-10am Yoga H20 -Bethany S 6:30-7:30pm	<b>7</b> Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>8</b> Aqua Fit – Dawn 8-8:55am	<b>9</b>
<b>10</b>	<b>11</b> Aqua Fit – Ann 8-8:55am Silver Splash - Rebekah 9-9:45am	<b>12</b> Boot Camp – Bethany 5:45-6:30am Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>13</b> Aqua Fit – Ann 8-8:55am Aqua Blast - Amy 9:05-10am Yoga H20 -Bethany S 6:30-7:30pm	<b>14</b> Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>15</b> Aqua Fit – Dawn 8-8:55am	<b>16</b>
<b>17</b>	<b>18</b> Aqua Fit – Ann 8-8:55am Silver Splash - Rebekah 9-9:45am	<b>19</b> Boot Camp – Bethany 5:45-6:30am Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>20</b> Aqua Fit – Ann 8-8:55am Aqua Blast - Amy 9:05-10am Yoga H20 -Bethany S 6:30-7:30pm	<b>21</b> Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>22</b> Aqua Fit – Dawn 8-8:55am	<b>23</b>
<b>24/31</b>	<b>25</b> Aqua Fit – Ann 8-8:55am Silver Splash - Rebekah 9-9:45am	<b>26</b> Boot Camp – Bethany 5:45-6:30am Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>27</b> Aqua Fit – Ann 8-8:55am Aqua Blast - Amy 9:05-10am Yoga H20 -Bethany S 6:30-7:30pm	<b>28</b> Making Waves – Bianca 9-9:55am Arthritis Flow - Jane 10-10:45am Twist & Shout – Bianca 10:45-11:30am	<b>29</b> Aqua Fit – Dawn 8-8:55am	<b>30</b>

**\*\*Swim Lessons are held on Tues/Thurs – 5-7pm, and Saturdays – 9-11am**