

ONE week schedule - April 29- May 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap 6:00-7:30am Cardio Mix-Up 7:45-8:30am Deeply Fit & Senior Fitness 8:30-9:30am Volleyball 9:30-10:30am Water Walking 10:00-11:00am Lap 11:00-12:00pm Ready Set Swim 12:30-1:30p Open Fit Fun 4:30-5:30pm Swim Lessons Inf/Toddler 5:30-6p Levels 1-3 6-7pm Levels 4-6 7-8pm	Aqua Chi 8:00-9:00am Aquasurge 9:00-10:00am Open Fit Fun 10:00-11:00am Lap 11:00-12:00pm Ready Set Swim 12:30-1:30pm Aerobics w/Vicki 5:30-6:15pm IAF 5:30-6:30p Lap 6:30-7:30p	Lap 6:00-7:30am Cardio Splash 7:45-8:30am Deeply Fit & Senior Fitness 8:30-9:30am Volleyball 9:30-10:30am Water Walking 10:00-11:00am Lap 11:00-12:00pm Ready Set Swim 12:30-1:30p Open Fit Fun 4:30-5:30pm Swim Lessons Inf/Toddler 5:30-6p Levels 1-3 6-7pm Levels 4-6 7-8pm	Morning Closed May 2nd 7am-2:30pm AHS PE Classes Volleyball/ Open Fit Fun 5:00-6:30pm Lap 6:30-7:30pm	Lap 6:00-7:30am Water Works 7:45-8:30am Underwater ROV Training 8:30-10:00am Volleyball 10:00-11:00am Water Walking 10:00-11:00am Lap 11:00-12:00pm No Senior Fitness or Deeply Fit Family Open Swim 4:30-6:30pm	Lap 9:00-10:00am Volleyball 10:00-11:30am Water Walking 10:30-12:00pm Family Open Swim 12:00-2:00pm Private Pool Rentals Starting as early as 2:30pm to 8:00pm	Wibit Open Swim Pricing Members \$5 ea/\$10 Family Non-Members \$10 ea/\$20 Family Wibit Open Swim 1:00-3:00pm Private Pool Rentals Starting as early as 3:30-8:00pm

*Please clear the driveway for buses 7am-7:30am, half days 10:15am-10:45am *Ready Set Swim not open to public

Senior Fitness & Aqua Chi are sponsored by the Alpena County Older Person's Committee- We appreciate the partnership!