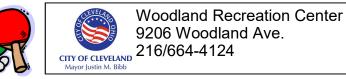
## **Aquatics Schedule**

_	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Closed	Closed	Closed	Closed	Closed	Closed
	Closed	Closed	Closed	Closed	Closed	Closed
	Closed	Closed	Closed	Closed	Closed	Closed
	Closed	Closed	Closed	Closed	Closed	Closed



WEIGHT ROOM Monday-Friday 12:00-7:30 pm Ages 18+

Afterschool Meals Monday-Friday 3:00-4:00pm

Saturday 12:00-1:00 Ages 5—18

Capoeira Class Saturdays 3:30—4:30 pm Ages 5-15

## Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm - 3:00pm Adult Open Gym Ages 18 +	12:00pm - 3:00pm Adult Open Gym Ages 18 +	12:00pm - 3:00pm Adult Open Gym Ages 18 +	12:00pm - 3:00pm Adult Open Gym Ages 18 +	12:00pm - 3:00pm Adult Open Gym Ages 18 +	40+ Hula Hoop Aerobics 10:30-12:00pm
3:30pm - 5:00pm <b>Open Gym</b> Ages <b>8-</b> 17	3:30pm - 5:00pm <b>Open Gym</b> Ages <b>8-</b> 17	3:30pm - 5:00pm <b>Open Gym</b> Ages <b>8-17</b>	3:30pm - 5:00pm <b>Open Gym</b> Ages <b>8-17</b>	3:30pm - 5:00pm Open Gym Ages 8-17	Open Gym Ages (8-13) 1:00-2:30pm
5:30 - 7:30pm 3 On 3 Basketball Ages 11 - 13	5:30 - 7:30pm 5 On 5 Basketball Ages 14 - 17	5:30 - 7:30pm 3 On 3 Basketball Ages 11 - 13	5:30 - 7:30pm 5 On 5 Basketball Ages 14 - 17	5:30 - 7:30pm 3 On 3 Basketball Ages 11 - 13	Open Gym Ages (14-17) 3:00-5:30pm

All children 7 years old and under and less than 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

## You can fill this chair this summer? Lifeguard Training Class

The successful Applicant must:

- ♦ Be at least 15 years old
- Be able to swim 300 yards, non stop, using front crawl and breast stroke
- Swim to deepest end of the pool and retrieve a 10 pound object and return to staring point
- ◆ Tread water for two(2) minutes using legs only
- Pass written test with 80% or better



Every 4th Saturday of each month from 11:00am—4:00pm we will have Gymnasium Fun Day Games. Open registration for 2 Ball, 3 on 3 and Hotshot games for ages 8—16. All are Welcome.

