

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	30 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Open/Lap swim 3-5pm	31 Adult Lap Swim 6a-11:30am Lap/Open Swim 3-4:45pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	1 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Open/Lap swim 3-5p	2 Adult Lap Swim 6a-11:30am Lap/Open Swim 3-4:45pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	3 Adult Lap Swim 6a-11:00am Lap/Open Swim 5:30-8pm	4 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
5 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	6 Adult Lap Swim 7a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-7pm	7 Adult Lap Swim 6a-11:30am Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	8 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	9 Adult Lap Swim 6a-11:30am Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	10 Adult Lap Swim 6a-11:00am Lap/Open Swim 5:30-8pm	11 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
12 Lifeguard class 9am-4pm Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	13 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-7pm	14 Adult Lap Swim 6a-11:30am Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	15 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	16 Adult Lap Swim 6a-11:30am Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	17 Adult Lap Swim 6a-11:00am Lap/Open 5:30-8pm	18 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
19 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	20 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm Youth Lessons 5-7pm Adult Lap 5-7pm	21 Adult Lap Swim 6a-11:30am Stroke and Turn 3:45-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	22 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Stroke and Turn 4-5:30pm Youth Lessons 5-7pm Adult Lap 5:30-9pm	23 Adult Lap Swim 6a-11:30am Stroke and Turn 3:45-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	24 Adult Lap Swim 6a-11:00am Lap/Open Swim 5:30-8pm	25 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
26 Lifeguard class 9am-4pm Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	27 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm Youth Lessons 5-7pm Adult Lap 5-7pm	28 Adult Lap Swim 6a-11:30am Stroke and Turn 3:45-5pm Springboard Dive 5:30-7pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	1	2	3	4