

COHEN OUTDOOR LAP POOL Backer Therapy Pool		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6-8 am Lap Swim (6)	6-7 am Lap Swim (6)	6-8 am Lap Swim (6)	6-7 am Lap Swim (6)	6-8 am Lap Swim (6)	6-8 am Lap Swim (6)	7-9 am Lap Swim (6)
8-9 am Deep Water HIIT Lap Swim (3)	7-9 am Aqua Jog Lap Swim (3)	8-9 am Deep Water HIIT Lap Swim (3)	7-9 am Aqua Jog Lap Swim (3)	8-9 am Deep Water HIIT Lap Swim (3)	9-9:50am Aqua H.I.I.T. Lap Swim (3)	9-10 am BOQUA Lap Swim (3)	9-9:50 am BOQUA Bootcamp Lap Swim (3)	
9 am-6 pm Open Swim Lap Swim (3)	9-9:50 am Cardio/Strength Lap Swim (3)	9 am-6 pm Open Swim Lap Swim (3)	10 am- 12 pm Open Swim Lap Swim (3)	10 am-6 pm Open Swim Lap Swim (3)	10 am-6 pm Open Swim Lap Swim (3)	10 am-5:30 pm Open Swim Lap Swim (3)	10-10:50 am BOQUA Balance Lap Swim (3)	11 am-5:30 pm Open Swim Lap Swim (3) August 3rd 2-5pm Scuba (2)
	12-1 pm BOQUA (3) Open Swim (2) Lap Swim (1)		11 am-5:30 pm Open Swim Lap Swim (3)					
	1-7:30pm Open Swim Lap Swim (3)		6-7 pm Open Swim (2) BOQUA Bootcamp (3) Lap Swim (1)				11 am-5:30 pm Open Swim Lap Swim (3) August 4th 2-5pm Scuba (2)	
6-7 pm BOQUA Bootcamp (3) Lap Swim (1) Open Swim (2)	1-7:30pm Open Swim Lap Swim (3)	6-7 pm Open Swim (2) Hi-Low (3) Lap Swim (1)	7-7:30 pm Open Swim (2) ALTS (2) Lap Swim (2)	7-7:30 pm Open Swim Lap Swim (3)	7-7:30 pm Open Swim Lap Swim (3)			
7-7:30 pm Open Swim (2) ALTS (2) Lap Swim (2)								

MORDOH INFANT POOL & BICCARD LAZY RIVER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8-9:50 am Rivercize	8-9:50 am Rivercize	8-9:50 am Rivercize	8-9:50 am Rivercize	8-9:50 am Rivercize	8-9:50 am Rivercize	8-9 am Rivercize
11am-1pm Open	11am-1pm Open	11am-1pm Open	11am-1pm Open	11am-1pm Open	11am-1pm Open	11 am-5:30 pm Open	11 am-5:30 pm Open	