

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)	7-9 am Lap Swim (6)	7-9 am Lap Swim (6)
	8-9 am Deep HIIT (3) Lap Swim (3)	7-9 am Aqua Jog (3) Lap Swim (3)	8-9 am Deep HIIT (3) Lap Swim (3)	7-9 am Aqua Jog (3) Lap Swim (3)	8-9 am Deep HIIT (3) Lap Swim (3)		
	10am-6 pm Open Swim (3) Lap Swim (3)	9-11 am Open Swim (3) Lap Swim (3)	9am-6 pm Open Swim (3) Lap Swim (3)	10am-6 pm Open Swim (3) Lap Swim (3)	9-10 am BOQUA Lap Swim (3)	9-9:50 am BOQUA BC (3) Lap Swim (3)	
		11am-12 pm Open Swim (3) BOQUA (3)			10am-1 pm Open Swim (3) Lap Swim (3)	10-10:50 am BOQUA Balance (3) Lap Swim (3)	
		12-7:30pm Open Swim (3) Lap Swim (3)	1-5:30 pm Open Swim (3) Lap Swim (3)			11 am-5:30 pm Open Swim (3) Lap Swim (3)	9 am-5:30 pm Open Swim (3) Lap Swim (3)
				6-7 pm Open Swim (3) BOQUA BC (3)	6-7 pm Open Swim (3) Hi-Low (3)		
	7-7:30 pm Open Swim (3) Lap Swim (3)	7-7:30pm Open Swim (3) Lap Swim (3)	7-7:30 pm Open Swim (3) Lap Swim (3)	7-7:30 pm Open Swim (3) Lap Swim (3)			

MORDOH INFANT POOL & BICCARD LAZY RIVER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8-10 am Rivercize	8-10 am Rivercize	8- 10 am Rivercize	8-10 am Rivercize	8-10 am Rivercize	8-10 am Rivercize	8-10 am Rivercize
	10am-Noon Zero-Depth	10am-Noon Zero-Depth	10am-Noon Zero-Depth	10am-Noon Zero-Depth	10am-Noon Zero-Depth		
	6-7:30pm Lazy River	6-7:30pm Lazy River	6-7:30pm Lazy River	6-7:30pm Lazy River		11 am-5:30 pm Open	11 am-5:30 pm Open