

## Mentor Communnity

| Challow Deer               |                             |                                |                       |                                | creation Center           |                        | Мау                      |
|----------------------------|-----------------------------|--------------------------------|-----------------------|--------------------------------|---------------------------|------------------------|--------------------------|
| Shallow Rear               |                             | 1003 S                         |                       |                                |                           | -                      |                          |
|                            | Monday                      | Tuesday                        | Wednesday             | Thursday                       | Friday                    | Saturday               | Sunday                   |
| <b>5.20</b> 0 mm           | Lon Curing                  | Lap Swim                       | Lon Curing            | Lap Swim                       | Lon Curin                 |                        |                          |
| 5:30-8am                   | Lap Swim                    | 5.20.0-                        | Lap Swim              | 5.20.0-                        | Lap Swim                  | Lon Curine 7 Oc        | 0                        |
| 8a<br>0a                   | <b>5:30-10</b> a            | 5:30-9a                        | 5:30-10a              | 5:30-9a                        | 5:30-10a                  | Lap Swim 7-8a          | Open                     |
| 9a<br>10a                  | Onon Swim                   | Aqua HIIT                      | Onon Swim             | Aqua HIIT                      | Move & Groove             | Group Swim             | Swim<br>One lan lane     |
| 10a<br>11a                 | <b>Open Swim</b><br>10a-12p | Stretch & Tone<br>Swim Lessons | Open Swim             | Stretch & Tone<br>Swim Lessons |                           | Lessons<br>8:30-1:30pm | One lap lane<br>8a-5:30p |
| 11a<br>12p                 | Lap Swim                    | Lap Swim                       | 10a-12p               | Lap Swim                       | <b>Lap Swim</b><br>11a-1p | Adapted Aqua           | oa-5:50p                 |
| -                          | 12-3p                       | 12:30-2p                       | Lap Swim              | 12:30-2p                       | 119-15                    | Swim Lessons           |                          |
| 1р<br>2р                   | 12-3p                       | Senior WWO                     | 12-3p                 | Senior WWO                     |                           | Swill Lessons          |                          |
| 2p<br>3p                   | Open 3-4p                   | Group                          | Open 3p-6p            | Open 3p-5p                     | Open                      | Open Swim              |                          |
| эр<br>5р                   | Group Swim                  | SwimLessons 4-                 | Group Swim            | SwimLessons                    | Swim                      | One lap lane           |                          |
| зр<br>6:30р                | Lessons                     | 7:30p                          | Lessons               | Adapted Aqua                   | One lap lane              | 1:30-8:30pm            |                          |
| 7:30p                      | Open +1lap                  | Aqua HIIT                      | Open +1lap            | Open +1lap                     | 1-9:30p                   | 1.50-8.50pm            |                          |
| -                          |                             |                                |                       | •                              | 1-9.50p                   |                        |                          |
| 8:30p                      | 8-9:30p                     | Open +1lap                     | 7-9:30p               | 8-9:30p                        |                           |                        |                          |
| Deep N                     | /liddle Sect                |                                |                       |                                |                           |                        |                          |
|                            | Monday                      | Tuesday                        | Wednesday             | Thursday                       | Friday                    | Saturday               | Sunday                   |
| 5:30-8am                   | Lap Swim                    | Lap Swim                       | Lap Swim              | Lap Swim                       | Lap Swim                  |                        |                          |
| 8a                         | 5:30-10a                    | <b>5:30-9</b> a                | 5:30-10a              | 5:30-9a                        | 5:30-10a                  | Lap Swim 7-8:30        | Open                     |
| 9a                         |                             |                                |                       |                                |                           | Group Swim             | Swim                     |
| 10a                        | Shallow/Deep                |                                | Shallow/Deep          |                                |                           | Lessons                | One lap lane             |
| 11a                        | Open Swim                   |                                | Open Swim             |                                | Lap Swim                  | 8:30-1:30am            | 8a-5:30p                 |
| 12p                        | Lap Swim                    | Lap Swim                       | Lap Swim              | Lap Swim                       | 11a-1p                    |                        |                          |
| 1р                         | 12-3p                       | 12:30-2p                       | 12-2p                 | 12:30-2p                       |                           | Open                   |                          |
| 2р                         |                             |                                | Home School           |                                |                           | Swim                   |                          |
| 3р                         | Open 3-5p                   | Open 3-4:30p                   | Open 3-5p             | Open 3-5p                      | Open                      | One lap lane           |                          |
| 5р                         | Swim Lessons                | Swim Lessons                   | Swim Lessons          | Swim Lessons                   | Swim                      | 1:30-8:30p             |                          |
| 7:30p                      | Water Fit                   |                                | Open +1lap            | Shallow/Deep                   | One lap lane              |                        |                          |
| 8:30-9:30 <sub> </sub>     | Open +1lap                  | Open +1lap                     | open · Liup           | Open +1lap                     | 1-9:30p                   |                        |                          |
| Shallow Front near hallway |                             |                                |                       |                                |                           |                        |                          |
|                            | Monday                      | Tuesday                        | Wednesday             | Thursday                       | Friday                    | Saturday               | Sunday                   |
| 5:30-8am                   |                             | Lap Swim                       |                       | Lap Swim                       |                           | Lap Swim 7-8           |                          |
| 8a                         | Lap Swim                    | 5:30-9a                        | Lap Swim              | 5:30-9a                        | Lap Swim                  | Move & Groove          | Open                     |
| 9a                         | 5:30-10a                    | Aqua HIIT                      | 5:30-10a              | Aqua HIIT                      | 5:30-10a                  | Group Swim             | Swim                     |
| 10a                        | Shallow/Deep                | Stretch & Tone                 | Shallow/Deep          | Stretch & Tone                 |                           | Lessons 10-12p         | One lap lane             |
| 11a                        | Open Swim                   |                                | Open Swim             |                                | Lap Swim                  | Adapted Aqua           | 8a-5:30p                 |
| 12p                        | Lap Swim                    | Lap Swim                       | Lap Swim              | Lap Swim                       | 11a-1p                    | Water Fit              |                          |
| 1p                         | 12-3p                       | 12:30-2p                       | 12-2p                 | 12:30-2p                       |                           | Open                   |                          |
| 2р                         |                             | Senior WWO                     | Home School           | Senior WWO                     |                           | Swim                   |                          |
| 3р                         | Open 3-5p                   | Open 3-4:30p                   | Open 3-5p             | Open 3-5:30p                   | Open                      | One lap lane           |                          |
| 5p                         | Group Swim                  | Group Swim                     | Group Swim            | Group Swim                     | Swim                      | 1:30-8:30p             |                          |
| 6:30p                      | Lessons                     | Move & Groove                  | Lessons               | Shallow/Deep                   | One lap lane              |                        |                          |
| 7:30p                      | Water Fit                   | Onen itles                     | Aqua Hiit             | Open +1lap                     | 1-9:30p                   |                        |                          |
| 8:30-9:30                  | Open +1lap                  | Open +1lap                     | Open +1lap            | 8-9:30p                        |                           |                        |                          |
|                            | Key:                        |                                |                       |                                |                           |                        |                          |
|                            |                             | Onen Suria                     | Group Suries          | \A/oto-                        | Home School               |                        | Aveilable                |
|                            | Lap swim                    | Open Swim<br>Family Swim       | Group Swim<br>Lessons | Water<br>WorkOut               | Home School               | Adapted<br>Aquatics    | Available<br>Swim        |
|                            |                             |                                | LCJJUIIJ              | workout                        |                           |                        | <b>J WIIII</b>           |