

Mentor Communnity

Challow Deer					creation Center		Мау
Shallow Rear		1003 S				-	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.20 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 0a	5:30-10 a	5:30-9a	5:30-10a	5:30-9a	5:30-10a	Lap Swim 7-8a	Open
9a 10a	Onon Swim	Aqua HIIT	Onon Swim	Aqua HIIT	Move & Groove	Group Swim	Swim One lan lane
10a 11a	Open Swim 10a-12p	Stretch & Tone Swim Lessons	Open Swim	Stretch & Tone Swim Lessons		Lessons 8:30-1:30pm	One lap lane 8a-5:30p
11a 12p	Lap Swim	Lap Swim	10a-12p	Lap Swim	Lap Swim 11a-1p	Adapted Aqua	oa-5:50p
-	12-3p	12:30-2p	Lap Swim	12:30-2p	119-15	Swim Lessons	
1р 2р	12-3p	Senior WWO	12-3p	Senior WWO		Swill Lessons	
2p 3p	Open 3-4p	Group	Open 3p-6p	Open 3p-5p	Open	Open Swim	
эр 5р	Group Swim	SwimLessons 4-	Group Swim	SwimLessons	Swim	One lap lane	
зр 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	5:30-9 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	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 Family Swim	Group Swim Lessons	Water WorkOut	Home School	Adapted Aquatics	Available Swim
			LCJJUIIJ	workout			J WIIII