

Aquatic Happenings At A Glance

Ft Monroe Community Center Pool December 4 - December 10, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:30	8:00-9:55 Lap Swim	8:00-8:55 Lap Swim	8:00-9:55 Lap Swim	8:00-8:55 Lap Swim	8:00-9:55 Lap Swim	9:00-1:00 Lifeguard class Pre-Test	CLOSED
8:30-9:00		9:00-10:00 Deep Water Aerobics		9:00-10:00 Deep Water Aerobics			
9:00-9:30							
9:30-10:00							
10:00-10:30	10:00-11:00 Shallow H2O Ex.	10:05-11:05 Aquafit H2O Ex.	10:00-11:00 Shallow H2O Ex.	10:05-11:05 Pi-Yo-Chi Ex.	10:00-11:00 Shallow H2O Ex.		
10:30-11:00	11:15-12:55 Swim Lessons	11:05-4:55 Lap Swim-2 lanes Open Swim-2 lanes	11:15-12:55 Swim Lessons	11:05-4:55 Lap Swim-2 lanes Open Swim-2 lanes	11:05-7:45 Lap Swim-2 lanes Open Swim-2 lanes	12:00-3:45 Lap Swim-2 lanes Open Swim-2 lanes	
11:00-11:30							
11:30-12:00							
12:00-12:30							
12:30-1:00	1:00-7:45 Lap Swim-2 lanes Open Swim-2 lanes	5:00-7:45 Swim Lessons	1:00-7:45 Lap Swim-2 lanes Open Swim-2 lanes	5:00-7:45 Swim Lessons	11:05-7:45 Lap Swim-2 lanes Open Swim-2 lanes		
1:00-1:30							
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30							
3:30-4:00							
4:00-4:30							
4:30-5:00							
5:00-5:30							
5:30-6:00							
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:00-8:30							

Schedule subject to change due to programming