



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE APRIL 17-30/2017

DAYS ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN DAY
SHALLOW/ FAM.POOL 	9-10AM LIZ /Amina 5:45-6:30PM SHANNON V.	9-10AM NANCY	9-10AM SUZAN.K	9-10AM CANDY.L	NO CLASSE	8:30-9:30 AM SAVANA	NO CLASSE
ARTHRITIS/FAM.POOL 	10-11AM SUSAN.W	NO CLASSE	10-11AM SUSAN.W	NO CLASSE	10-11AM JANNI	NO CLASSE	NO CLASSE
DEEP/LAP POOL 	6-7PM SUZAN K.	6-7PM SHANNON V.	NO CLASSE	6-7PM SHANE	NO CLASSE	NO CLASSE	NO CLASSE
FAMILY POOL 	NO CLASSE	NO CLASSE	5:45-6:30PM JANNI	NO CLASSE	9-10AM JANNI	NO CLASSE	NO CLASSE

