

Aquatics Weekly Schedule *Life+*

| Monday Jan 15 | Tuesday Jan 16 | Wednesday Jan 17 | Thursday Jan 18 | Friday Jan 19 | Sat./ Jan 20 Sun./ Jan 21 |
|--|---|---|---|---|--|
| <p>8:00am-9:15 am Open Swim</p> <p>9:30-10:15 am Moderate Intensity Aqua Class w/ Elaine</p> <p>10:30-3:45 pm Open Swim</p> <p>AMI Swim School 4 pm—8 pm</p> | <p>8:00am-3:45pm Open Swim</p> <p>AMI Swim School 4 pm—8 pm</p> | <p>8:00am—10:15am Open Swim</p> <p>10:30 -11:15am Becketwood Slow Flow Arthritis & Balance Aqua Class w Julie ALL ARE WELCOME!</p> <p>11:30am-3:45 pm Open Swim</p> <p>AMI Swim School 4 pm—8 pm</p> | <p>8:00am—9:15 am Open Swim</p> <p>9:30—10:15am Moderate Intensity Aqua Class w/Elaine</p> <p>10:30am—8:00 pm Open Swim</p> | <p>8:00am-9:45 am Open Swim</p> <p>10:00—10:45am Slow Flow Arthritis & Balance Aqua Class w Julie</p> <p>11:00-8 pm Open Swim</p> <p>Please call Welcome Center 651-632-8801 on weekends to confirm pool is open before you leave home</p> | <p><u>Saturday:</u> 8 am-12:15 pm Open Swim</p> <p>AMI Swim School 12:30 -5 pm</p> <p>5:15-8:00 pm Open Swim</p> <p><u>Sunday:</u> Open Swim 8 am—8 pm</p> <p>Julie Niewald 651-272-4953</p> |