

Aquatics Weekly Schedule *Life+*

Monday Jan 22	Tuesday Jan 23	Wednesday Jan 24	Thursday Jan 25	Friday Jan 26	Sat./ Jan 27 Sun./ Jan 28
<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</p> <p>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><i>Julie Niewald</i> 651-272-4953</p> <p><i>jniewald@episcopalhomes.org</i></p>