

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  CLOSED	2 Adult Lap Swim 6a-11:30am	3 Adult Lap Swim 6a-11:30am Synchro 5:30-8:30p	4 Adult Lap Swim 6a-11:30am HS Tri-Meet @ Home 4pm	5 Adult Lap Swim 6a-11:30am Synchro 5:30-8:30p	6 Adult Lap Swim 6a-11:30am CLOSED AT NIGHT (STAFF Pool Party)	7 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
8 Stret-chi Noodle 10am Lifeguard class 9am-4pm Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	9 Adult Lap Swim 7a-11:30am Adult Water Aerobics 11:45-12:30pm HS Tri-Meet @ Home 3:45pm	10 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am Xaverian Meet @ Home 3:45pm Synchro 5:30-8:30p HITT Aerobics 7:00-7:45pm	11 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm HS Meet @ Home 4:15pm	12 Adult Lap Swim 6a-11:30am Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	13 Adult Lap Swim 6a-11:00am Stret-chi Noodle 9AM Lap/Open Swim 5:30-8pm	14 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm Clippers Meet @ Home 4pm
15 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	16 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm	17 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am Xaverian Meet @ Home 3:45pm Synchro 5:30-8:30p HITT Aerobics 7:00-7:45pm	18 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm HS Meet @ Home 3:45	19 Adult Lap Swim 6a-11:30am Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	20 Adult Lap Swim 6a-11:00am Stret-chi Noodle 9AM NO Lap/Open Swim	21 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm Clippers Meet @ Home 4pm
22 Lifeguard class 9am-4pm Clippers Swim-A-Thon 9am-1pm Open/Adult Lap Swim 1-3pm Synchro 3-7:30p	23 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm	24 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am Synchro 5:30-8:30p HITT Aerobics 7:00-7:45pm	25 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm HS Meet @ Home 3:45pm	26 Adult Lap Swim 6a-11:30am Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	27 Adult Lap Swim 6a-11:00am Stret-chi Noodle 9AM Lap/Open Swim 5:30-8pm	28 Masters 6:45-8:15am Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
29 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	30 Adult Lap Swim 6a-11:30am Adult Water Aerobics 11:45-12:30pm	31 Adult Lap Swim 6a-11:30am HITT Aerobics 10:30-11:15am <u>POOL PARTY 12-2PM</u> Synchro 5:30-8:30p HITT Aerobics 7:00-7:45pm	1	2	3	4