

# March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	30 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	31 <b>Adult Lap Swim 6a-11:30am</b> Lap/Open Swim 3-4:45pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	1 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	2 <b>Adult Lap Swim 6a-11:30am</b> Lap/Open Swim 3-4:45pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	3 <b>Adult Lap Swim 6a-11:00am</b> Lap/Open Swim 5:30-8pm	4 <b>Masters 6:45-8:15am</b> Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
5 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	6 <b>Adult Lap Swim 7a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	7 <b>Adult Lap Swim 6a-11:30am</b> Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	8 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	9 <b>Adult Lap Swim 6a-11:30am</b> Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	10 <b>Adult Lap Swim 6a-11:00am</b> Lap/Open Swim 5:30-8pm	11 <b>Masters 6:45-8:15am</b> Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
12 <b>Lifeguard class 9am-4pm</b> Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	13 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	14 <b>Adult Lap Swim 6a-11:30am</b> Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	15 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open Swim 4-8:30pm	16 <b>Adult Lap Swim 6a-11:30am</b> Lap/Open Swim 3-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	17 <b>Adult Lap Swim 6a-11:00am</b> Lap/Open 5:30-8pm	18 <b>Masters 6:45-8:15am</b> Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3pm
19 Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	20 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm <b>Youth Lessons 5-7:30pm</b> Adult Lap 7:30-9pm	21 <b>Adult Lap Swim 6a-11:30am</b> OPEN SWIM 12-3pm Stroke and Turn 3:45-5pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	22 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Stroke and Turn 4-5:30pm <b>Youth Lessons 5-7:30pm</b> Adult Lap 7:30-9pm	23 <b>Adult Lap Swim 6a-11:30am</b> OPEN SWIM 12-3pm Stroke and Turn 3:45-5pm Synchro 5:30-8:30p HITT Aerobics 5:30-6:15pm	24 <b>Adult Lap Swim 6a-11:00am</b> Lap/Open Swim 5:30-8pm	25 <b>Masters 6:45-8:15am</b> Swim Lessons 9:30-11:30am Open/Adult Lap Swim 12:30-3:30pm
26 <b>Lifeguard class 9am-4pm</b> Stret-chi Noodle 10am Open/Adult Lap Swim 12:30-3pm Synchro 3-7:30p	27 <b>Adult Lap Swim 6a-11:30am</b> Adult Water Aerobics 11:45-12:30pm Lap/Open 3-5pm <b>Youth Lessons 5-7:30pm</b> Adult Lap 7:30-9pm	28 <b>Adult Lap Swim 6a-11:30am</b> Stroke and Turn 3:45-5pm Springboard Dive 5:30-7pm Synchro 5:30-8:30p HITT Aerobics 6-6:45pm	1	2	3	4