

EASTWOOD POOL SCHEDULE SEPTEMBER 2024



MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Fit Cardio 9-10am (L4-L8) Swim Team 4:30-7:15pm (L1-L8)	Masters 5:45-8am (L2-L7) 11am-12pm (L2-L7) Swim Team 4:30-7:15pm (L1-L8)	Aqua Fit Strength 9-10am (L4-L8) Swim Team 4:30-7:15pm (L1-L8)	Masters 5:45-8am (L2-L7) 11am-12pm (L2-L7) Swim Team 4:30-7:15pm (L1-L8)	Swim Team 6-7:30am (L3-L7) Aqua Fit Cardio <i>*No Instructor*</i> 9-10am (L4-L8) Swim Team 4:30-7:15pm (L1-L8)	Masters 7-8:15am (L2-L7) Swim Team 8:15-10am (L3-L7) Cardio Surge 10:30-11:30am (L4-L8)	Group Lessons 10am-1pm (L6-L8)

Subject to Change

The aquatic center closes 30 minutes prior to the club.

We will hold the lanes for the **Aqua Fit Cardio** group on Fridays until an instructor is available.