

# EASTWOOD POOL SCHEDULE JANUARY 2025



MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>Aqua Fit Cardio</b> 9-10am (L4-L8)</p> <p><b>Swim Team</b> 4:30-7:15pm (L1-L8)</p>	<p><b>Masters</b> 5:45-8am (L2-L7) 11am-12pm (L2-L7)</p> <p><b>Swim Team</b> 4:30-7:15pm (L1-L8)</p>	<p><b>Aqua Fit Strength</b> 9-10am (L4-L8) <i>No class 1/1</i></p> <p><b>Swim Team</b> 4:30-7:15pm (L1-L8) <i>No practice 1/1</i></p>	<p><b>Masters</b> 5:45-8am (L2-L7) 11am-12pm (L2-L7)</p> <p><b>Swim Team</b> 4:30-7:15pm (L1-L8)</p>	<p><b>Swim Team</b> 6-7:30am (L3-L7)</p> <p><b>Aqua Fit Strength</b> 9-10am (L4-L8)</p> <p><b>Swim Team</b> 4:30-7:15pm (L1-L8) <i>No practice 1/17</i></p>	<p><b>Masters</b> 7-8:15am (L2-L7)</p> <p><b>Swim Team</b> 8:15-10am (L3-L7) <i>No practice 1/18</i></p> <p><b>Swim Lessons</b> 9:30am-1pm (L2)</p> <p><b>Cardio Surge</b> 10:30-11:30am (L4-L8)</p>	<p><b>Group Lessons</b> 10am-1pm (L6-L8)</p> <p><i>**Private lessons are sometimes held before and after group lessons in lane 8**</i></p>

**\*Subject to Change\*** The aquatic center closes 30 minutes prior to the club.

The pool will be open from 9am to 4:30pm on  
Wednesday, Jan 1st.



**THE EDGE**

