

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 	31	1 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Hydro-Spin 12noon Children LTS 5-6pm Jr. Waves 6-7pm	2 Seniors LTS 9-10am Water Wizards 9-10am Senior Aerobics 11-12 Adults LTS 6-7pm Shallow Water 6:30pm	3 Jr. Waves 6-7pm	4
5	6 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Hydro-Spin 12noon Children LTS 5-6pm Jr. Waves 6-7pm	7 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7pm Shallow Water 6:30pm	8 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Hydro-Spin 12noon Children LTS 5-6pm Jr. Waves 6-7pm	9 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7pm Shallow Water 6:30pm	10 Jr. Waves 6-7pm	11
12	13 Hydro-Spin 6-7am YMCA (Low) 8-9am	14	15 Hydro-Spin 6-7am YMCA (Low) 8-9am	16	17	18
19 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	20 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	21 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7pm Shallow Water 6:30pm	22 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	23 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	24 YMCA (Low) 8-9am	25 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
26 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	27 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	28 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	29 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	30 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	1	2

# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1 YMCA (Low) 8-9am	2 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
3 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	4  Independence Day (Observed) <i>No Classes</i>	5 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	6 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	7 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	8 YMCA (Low) 8-9am	9 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
10 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	11 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm Shallow Water 6:30pm	12 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM	13 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm Shallow Water 6:30pm	14 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM	15 YMCA (Low) 8-9am	16 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
17 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	18 YMCA (Low) 8-9am	19	20 YMCA (Low) 8-9am	21	22 YMCA (Low) 8-9am	23 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
Makeup Week—No Scheduled Classes						
24 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	25 Hydro-Spin 6-7am Shallow Water 10am Children LTS 5-6pm	26 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	27 Hydro-Spin 6-7am Shallow Water 10am Children LTS 5-6pm	28 Seniors LTS 9-10am Water Wizards 9-10am Adults LTS 6-7PM Shallow Water 6:30pm	29	30 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am

# Aug

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	2 Seniors LTS 9-10am Water Wizards 9-10am ADULT LTS 6-7 pm Shallow Water 6:30pm	3 Hydro-spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	4 Seniors LTS 9-10am Water Wizards 9-10am ADUL LTS 6-7PM Shallow Water 6:30pm	5 YMCA (Low) 8-9am	6 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
7 Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	8 Hydro-spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	9 Seniors LTS 9-10am Water Wizards 9-10am ADULT LTS 6-7 PM Shallow Water 6:30pm	10 Hydro-spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	11 Seniors LTS 9-10am Water Wizards 9-10am ADULT LTS 6-7 PM Shallow Water 6:30pm	12 YMCA (Low) 8-9am	13 Deep Water Aerobics 9-10am Parent and Child A 9:30-10am Parent and Child B 10-10:30am Preschool Aquatics 11-11:30am
14	15 Hydro-spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	16 Seniors LTS 9-10am Water Wizards 9-10am ADULT LTS 6-7PM Shallow Water 6:30pm	17 Hydro-Spin 6-7am YMCA (Low) 8-9am Shallow Water 10am Children LTS 5-6pm	18 Seniors LTS 9-10am Water Wizards 9-10am ADULT LTS 6-7 PM Shallow Water 6:30pm	19 YMCA (Low) 8-9am	20
21	22 YMCA (Low) 8-9am	23	24 YMCA (Low) 8-9am	25	26 YMCA (Low) 8-9am	27
Make Up Week—No Scheduled Classes						
28	29 YMCA (Low) 8-9am	30	31 YMCA (Low) 8-9am	1	2	3