

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14 YMCA Low Impact Water Aerobics 8:30am-9:30am	15 Senior Body Wise 9am-10am	16 YMCA Low Impact Water Aerobics 8:30am-9:30am	17 Senior Body Wise 9am-10am	18
19 Summer Classes Begin Learn to Swim for Children I 12:00 pm—12:30 pm Learn to Swim for Children I 12:45 pm —1:15 pm	20 DC Summer Swim League 4:30pm -5:30pm Adult Swim I-III 5:30pm-7:45 Outdoor Pools Open at FULL OPERATIONS	21 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	22 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm -5:30pm Adult Swim I-III 5:30pm-7:45	23 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	24 DC Summer Swim League 4:30pm -5:30pm Senior Body Wise 9am-10am	25 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
26 Learn to Swim for Children I 12:00 pm—12:30 pm Learn to Swim for Children I 12:45 pm —1:15 pm	27 DC Summer Swim League 4:30pm -5:30pm Adult Swim I-III 5:30pm-7:45	28 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	29 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm -5:30pm Adult Swim I-III 5:30pm-7:45	30 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	1 DC Summer Swim League 4:30pm -5:30pm Senior Body Wise 9am-10am	2 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm-5:30pm	2 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
3 Learn to Swim for Children I 12:00 pm-12:30 pm Learn to Swim for Children I 12:45 pm-1:15 pm	4  Independence Day (Observed) <i>No Classes</i>	5 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	6 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	7 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	8 DC Summer Swim League 4:30pm-5:30pm	9 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
10 Learn to Swim for Children I 12:00 pm-12:30 pm Learn to Swim for Children I 12:45 pm-1:15 pm	11 DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	12 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	13 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	14 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm International Lifeguard Training Academy (ILGTA) 4pm-4:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	15 DC Summer Swim League 4:30pm-5:30pm	16 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
17 Learn to Swim for Children I 12:00 pm-12:30 pm Learn to Swim for Children I 12:45 pm-1:15 pm	18 DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	19 YMCA Low Impact Water Aerobics 8:30am-9:30am	20 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm-5:30pm	21 YMCA Low Impact Water Aerobics 8:30am-9:30am	22 DC Summer Swim League 4:30pm-5:30pm Senior Body Wise 9am-10am	23 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm

Makeup Week—No Scheduled Classes

24 Learn to Swim for Children I 12:00 pm-12:30 pm Learn to Swim for Children I 12:45 pm-1:15 pm	25 DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	26 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	27 DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	28 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shallow Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I-IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	29 DC Summer Swim League 4:30pm-5:30pm	30 Learn to Swim for Parent/Child: Level A-B 10:30am-11:45am Preschool Aquatics: Level I-II 12pm-1:30pm
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	2 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shal- low Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	3 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	4 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shal- low Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	5 DC Summer Swim League 4:30pm-5:30pm Senior Body Wise 9am-10am	6 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I- II 12pm-1:30pm
7 Learn to Swim for Children I 12:00 pm-12:30 pm Learn to Swim for Children I 12:45 pm -1:15 pm	8 DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	9 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shal- low Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	10 Senior Body Wise 9am-10am DC Summer Swim League 4:30pm-5:30pm Adult Swim I-III 5:30pm-7:45	11 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shal- low Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	12 DC Summer Swim League 4:30pm-5:30pm Senior Body Wise 9am-10am	13 Learn to Swim for Parent/ Child: Level A-B 10:30am- 11:45am Preschool Aquatics: Level I- II 12pm-1:30pm
14	15 Adult Swim I-III 5:30pm-7:45	16 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shal- low Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	17 Senior Body Wise 9am-10am Adult Swim I-III 5:30pm-7:45	18 YMCA Low Impact Water Aerobics 8:30am-9:30am Water Aerobics: Senior Shal- low Water 10am-11am Water Aerobics: Deep Water Drills & Skills 11am-12pm Learn to Swim for Children I- IV 4:30pm-7:45pm Water Aerobics: Abs & Glutes 7:30pm-8:30pm	19	20
21	22	23 YMCA Low Impact Water Aerobics 8:30am-9:30am	24 Senior Body Wise 9am-10am	25 YMCA Low Impact Water Aerobics 8:30am-9:30am	26 Senior Body Wise 9am-10am	27
Make Up Week—No Scheduled Classes						
28	29	30 YMCA Low Impact Water Aerobics 8:30am-9:30am	31 Senior Body Wise 9am-10am	1	2	3