

**JULY 2026 AQUATIC PROGRAMS**

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	<p>****Open Pool is 9am-4:30pm**** anytime there is no class *Please do not attend open pool during class times as space is limited*</p>		<p>1 AFAP ARTHRITIS CLASS 9:30am - 10:15am</p> <p>STRENGTH &amp; ENDURANCE 1:15pm - 2:00pm</p>	<p>2  BACK CLASS 1:15pm - 2:00pm</p>	<p>3  <b>NO CLASSES</b>  <b>OPEN POOL ONLY</b></p>	4
5	<p>6  STRENGTH &amp; ENDURANCE 10:00am-10:45am <b>10:45 *MEDITATION*</b></p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>7  BACK CLASS 10:30am - 11:15am</p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>8 AFAP ARTHRITIS CLASS 9:30am - 10:15am</p> <p>STRENGTH &amp; ENDURANCE 1:15pm - 2:00pm</p>	<p>9  BACK CLASS 1:15pm - 2:00pm</p>	<p>10  AI CHI &amp; RELAXATION 10:00am -10:45am <b>10:45 *MEDITATION*</b></p>	11
12	<p>13  STRENGTH &amp; ENDURANCE 10:00am-10:45am <b>10:45 *MEDITATION*</b></p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>14  BACK CLASS 10:30am - 11:15am</p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>15  AFAP ARTHRITIS CLASS 9:30am - 10:15am</p>	<p>16  BACK CLASS 1:15pm - 2:00pm</p>	<p>17  BETTER BALANCE CLASS 10:00am -10:45am <b>10:45 *MEDITATION*</b></p>	18
19	<p>20  STRENGTH &amp; ENDURANCE 10:00am-10:45am <b>10:45 *MEDITATION*</b></p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>21  BACK CLASS 10:30am - 11:15am</p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>22 AFAP ARTHRITIS CLASS 9:30am - 10:15am</p> <p>STRENGTH &amp; ENDURANCE 1:15pm - 2:00pm</p>	<p>23  BACK CLASS 1:15pm - 2:00pm</p>	<p>24  AI CHI &amp; RELAXATION 10:00am -10:45am <b>10:45 *MEDITATION*</b></p>	25
26	<p>27  STRENGTH &amp; ENDURANCE 10:00am-10:45am <b>10:45 *MEDITATION*</b></p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>28  BACK CLASS 10:30am - 11:15am</p> <p>AFAP ARTHRITIS CLASS 1:15pm - 2:00pm</p>	<p>29 AFAP ARTHRITIS CLASS 9:30am - 10:15am</p> <p>STRENGTH &amp; ENDURANCE 1:15pm - 2:00pm</p>	<p>30 BETTER BALANCE CLASS 10:00am -10:45am</p> <p>BACK CLASS 1:15pm - 2:00pm</p>	<p>31  FUN FRIDAY BRAIN GAMES &amp; WATER PLAY 10:00am -10:45am <b>10:45 *MEDITATION*</b></p>	

\*The pool is closed between the hours of 12-1:00pm\*