



## FEBRUARY 2026 AQUATIC PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	<b>2</b> AFAP ARTHRITIS CLASS 9:30am - 10:15am <b>10:15 *MEDITATION*</b>  STRENGTH & ENDURANCE 1:15pm - 2:00pm	<b>3</b> BACK CLASS 10:30am - 11:15am  AFAP ARTHRITIS CLASS 1:15pm - 2:00pm	<b>4</b> AFAP ARTHRITIS CLASS 9:30 am - 10:15am  STRENGTH & ENDURANCE 1:15pm - 2:00pm	<b>5</b>  BACK CLASS 1:15pm - 2:00pm	<b>6</b> AI CHI & RELAXATION 10:00am – 10:45 <b>10:45 *MEDITATION*</b>	7
8	<b>9</b> AFAP ARTHRITIS CLASS 9:30am - 10:15am <b>10:15 *MEDITATION*</b>  STRENGTH & ENDURANCE 1:15pm - 2:00pm	<b>10</b> BACK CLASS 10:30am - 11:15am  AFAP ARTHRITIS CLASS 1:15pm - 2:00pm	<b>11</b> AFAP ARTHRITIS CLASS 9:30am - 10:15am  STRENGTH & ENDURANCE 1:15pm - 2:00pm	<b>12</b>  BACK CLASS 1:15pm - 2:00pm	<b>13</b> AI CHI & RELAXATION 10:00am – 10:45 <b>10:45 *MEDITATION*</b>	14
15	<b>16</b>  POOL CLOSED FOR PRESIDENTS' DAY	<b>17</b> BACK CLASS 10:30am - 11:15am  AFAP ARTHRITIS CLASS 1:15pm - 2:00pm	<b>18</b> AFAP ARTHRITIS CLASS 9:30am - 10:15am	<b>19</b>  BACK CLASS 1:15pm - 2:00pm	<b>20</b> AI CHI & RELAXATION 10:00am – 10:45 <b>10:45 *MEDITATION*</b>	21
22	<b>23</b> AFAP ARTHRITIS CLASS 9:30 am - 10:15am <b>10:15 *MEDITATION*</b>  STRENGTH & ENDURANCE 1:15pm - 2:00pm	<b>24</b> BACK CLASS 10:30am - 11:00am  AFAP ARTHRITIS CLASS 1:15pm - 2:00pm	<b>25</b> AFAP ARTHRITIS CLASS 9:30am - 10:15am  STRENGTH & ENDURANCE 1:15pm - 2:00pm	<b>26</b>  BACK CLASS 1:15pm - 2:00pm	<b>27</b> AI CHI & RELAXATION 10:00am – 10:45 <b>10:45 *MEDITATION*</b>	28
29	Open Pool is 9am-4:30pm anytime there is no class  <b>*Please do not attend open pool during class times as space is limited*</b>					

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