

FEBRUARY 2026 AQUATIC PROGRAMS

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

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