

ROSWELL ADULT AQUATICS CENTER FALL GUIDE FOR ALL ACTIVITIES

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	LANES AVAILABLE	CLASSES	LANES AVAILABLE	CLASSES/ THERAPY	LANES AVAILABLE	CLASSES/ THERAPY	LANES AVAILABLE	CLASSES/ THERAPY	LANES AVAILABLE	THERAPY	LANES AVAILABLE
7:00A	ALL			Pool Closed	ALL		ALL		ALL		ALL
8:00A	ALL			Pool Closed	2,3,4,5	Integrated Therapy 8:00A-4:00P LANE 1	2,3,4,5	Integrated Therapy 8:00A-10:00A LANE 1	2,3,4,5	Integrated Therapy 8:00A-4:00P LANE 1	ALL
9:00A	ALL			Pool Closed	2,3,4,5		2,3,4,5		2,3,4,5	Big Gym Therapy 9:30A-5:30P LANE 1	ALL
10:00A	ALL		NONE	Silver Sneakers Splash* 10:10A-10:55A	2,3,4,5		NONE	Silver Sneakers Splash* 10:10A-10:55A	2,3,4,5		ALL
11:00A	NONE	Aquatic Joint Conditioning 11:10A-12:00P	ALL		NONE	Aquatic Joint Conditioning 11:10A-12:00P	NONE	Aqua Pilates 11:00-11:45A	2,3,4,5		ALL
12:00P	ALL		ALL		2,3,4,5		ALL		2,3,4,5		ALL
1:00P	ALL		ALL		NONE	Silver Sneakers Splash* 1:10P-1:55P	ALL		2,3,4,5		Pool Closed
2:00P	NONE	Silver Sneakers Splash* 2:10P-2:55P	ALL		2,3,4,5		ALL		2,3,4,5		
3:00P	NONE	Silver Sneakers Splash* 3:10P-3:55P	ALL		2,3,4,5		ALL		2,3,4,5		
4:00P	2,3,4,5	Seven Oceans 4:00P-6:00P Lane 1	ALL		ALL		ALL		2,3,4,5		
5:00P	2,3,4,5		ALL		ALL		ALL		2,3,4,5		
6:00P		Pool Closed	ALL			Pool Closed	ALL			Pool Closed	
7:00P				Pool Closed				Pool Closed			

Fall: 09/07-11/20
Winter begins 11/30

COLOR KEY:	Classes	*Silver Sneakers Classes Ongoing	Open Swim	Therapy/ Contracted Groups	Facility Closed; Cleaning and Rentals
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