






MAY 8 - JUNE 29, 2023 | AQUATIC PROGRAMS

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Fitness Swim 7:30 AM - 8:50 AM	Fitness Swim 7:30 AM - 1:45PM	Fitness Swim 7:30 AM - 9:50 AM	Fitness Swim 7:30 AM - 8:50 AM	Fitness Swim 7:30 AM - 9:50 AM	<div>HOURS OF OPERATION</div> <div>MON - FRI: 7:30 AM - 9:00 PM</div> <div>SAT - SUN: 10:00 AM - 5:00 PM</div>		
Stand Up Paddleboard (SUP) 9:00 AM - 9:50 AM		Women's Only Fitness Swim 10:00 AM - 11:50 AM	Stand Up Paddleboard (SUP) 9:00 AM - 9:50 AM	Women's Only Fitness Swim 10:00 AM - 11:50 AM			
Fitness Swim 10:00 AM - 2:50 PM		H2O SUP Yogilates 12:10 PM - 12:55 PM	Fitness Swim 10:00 AM - 1:45 PM	Fitness Swim 12:00 PM - 2:50 PM			
		Stand Up Paddleboard (SUP) 3:00 PM - 3:55 PM		Fitness Swim 12:00 PM - 2:50 PM	Fitness Swim 11:30 AM - 1:00 PM		
Fitness Swim 4:00 PM - 5:50 PM	Fitness Swim 4:00 PM - 5:50 PM		Stand Up Paddleboard (SUP) 3:00 PM - 3:55 PM		Fitness Swim 1:45 PM - 4:30 PM	Fun Swim 1:30 PM - 4:30 PM	
H2O Boot Camp 5:10 PM - 6:00 PM	H2O Body Blast 6:00 PM - 6:50 PM		H2O High Intensity 4:00 PM - 4:50 PM				Fitness Swim 4:00 PM - 5:50 PM
Women's Only Fitness Swim 6:10 PM - 8:45 PM	Fitness Swim 7:00 PM - 8:45 PM		Fitness Swim 4:00 PM - 8:45 PM	Sports, Games, & Play 6:00 PM - 8:45PM			
	Coached Swim 7:15 PM - 8:45PM		Coached Swim 7:15 PM - 8:45PM				
<div>LEGEND</div> <div><div></div> = Group Fitness Class</div> <div><div></div> = Stand Up Paddleboard (SUP)</div> <div><div></div> = Women's Only</div> <div>Schedule subject to change.</div> <div>To view the most up-to-date schedule, learn more about each class, and reserve your spot, visit <a href="https://uoft.me/utmaquatics">uoft.me/utmaquatics</a></div>							