






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Swim 7:30 AM - 8:50 AM	Fitness Swim 7:30 AM - 8:50 AM	Intro to Coach Swim 7:30 AM - 8:15 AM	Fitness Swim 7:30 AM - 8:50 AM	Fitness Swim 7:30 AM - 9:50 AM	<div>AQUATIC PROGRAMS WEEK AT A GLANCE</div> <div>JANUARY 8 - APRIL 27, 2024</div> <div>Recreation, Athletics &amp; Wellness</div>	
Intro to Coach Swim 7:30 AM - 8:15 AM	Stand Up Paddleboard (SUP) 9:00 AM - 9:50 AM	Fitness Swim 7:30 AM - 2:45 PM	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	Fitness Swim 10:00 AM - 1:45 PM	Swim to Survive 11:00 AM - 12:00 PM	Fitness Swim 10:00 AM - 1:45 PM	Women's Only Swim to Survive 10:00 AM - 11:00 AM		Coached Swim 10:00 AM - 11:30 AM
Fitness Swim 10:00 AM - 2:50 PM		H2O Paddleboard Core 12:10 PM - 12:55 PM		Fitness Swim 12:00 PM - 2:50 PM	Fitness Swim 11:30 AM - 1:00 PM	
Fitness Swim 3:30 PM - 5:00 PM	Stroke Development 12:00 PM - 1:00 PM				Fitness Swim 1:45 PM - 4:30 PM	Stroke Development 12:00 PM - 1:00 PM
	Fitness Swim Widths 3:00 PM - 4:50 PM					Fun Swim 1:30 PM - 4:30 PM
Learn to Float 4:15 PM - 5:00 PM						
Women's Only H2O Bootcamp 5:10 PM - 5:55 PM	Sports, Games, & Play 6:00 PM - 6:50 PM				<div>LEGEND</div> <div><div><div></div><div>= Group Fitness Class</div></div><div><div></div><div>= Women's Only</div></div><div><div></div><div>= Group Fitness Women's Only</div></div></div> <div>Schedule subject to change. 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>	
Women's Only Fitness Swim 5:10 PM - 8:45 PM	Fitness Swim 7:15 PM - 8:45 PM					Fitness Swim 4:00 PM - 7:00 PM
	Coached Swim 7:15 PM - 8:45 PM	Fitness Swim 7:15 PM - 8:45 PM		Sports, Games, & Play 7:00 PM - 8:45 PM		