MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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	
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			Women's Only Swim to Survive 10:00 AM - 11:00 AM	LIFEGUARD
Fitness Swim 10:00 AM - 2:50 PM		Swim to Survive 11:00 AM - 12:00 PM	Fitness Swim 10:00 AM - 1:45 PM	Fitness Swim 12:00 PM - 2:50 PM	
	Stroke Development 12:00 PM - 1:00 PM	H20 Paddleboard Core 1:10 PM - 1:55 PM			
Fitness Swim 3:30 PM - 5:00 PM	Fitness Swim Widths 3:00 PM - 7:00 PM				
Learn to Float 4:15 PM - 5:00 PM			Stand Up Paddleboard (SUP) 3:00 PM - 4:00 PM	Fitness Swim 4:00 PM - 5:50 PM	LE
Women's Only H2O Bootcamp 5:10 PM - 5:55 PM			Fitness Swim 4:00 PM - 7:00 PM	Stand Up Paddleboard (SUP) 6:00 PM - 6:50 PM	
Women's Only Fitness Swim 6:10 PM - 8:45 PM	Coached Swim 7:15 PM - 8:45 PM		Coached Swim 7:15 PM - 8:45 PM		Sch cha To v date
	Fitness Swim 7:15 PM - 8:45 PM		Fitness Swim 7:15 PM - 8:45 PM	Sports, Games, & Play 7:00 PM - 8:45 PM	abo rese uoft

## SATURDAY

### SUNDAY

# **AQUATIC PROGRAMS WEEK AT A GLANCE**

#### APRIL 28 - JUNE 29, 2024

Recreation, Athletics & Wellness



1:45 PM - 4:30 PM

Fun Swim 1:30 PM - 4:30 PM

## EGEND

- = Group Fitness Class
- = Women's Only
- = Group Fitness Women's Only

chedule subject to nange.

view the most up-tote schedule, learn more out each class, and serve your spot, visit oft.me/utmaquatics

