



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	AQUATIC PROGRAMS WEEK AT A GLANCE APRIL 28 - JUNE 29, 2024 Recreation, Athletics & Wellness	
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	
Fitness Swim 10:00 AM - 2:50 PM		Stroke Development 12:00 PM - 1:00 PM			H2O Paddleboard Core 1:10 PM - 1:55 PM	Fitness Swim 12:00 PM - 2:50 PM
Fitness Swim 3:30 PM - 5:00 PM	Fitness Swim Widths 3:00 PM - 7:00 PM		Stand Up Paddleboard (SUP) 3:00 PM - 4:00 PM	Fitness Swim 4:00 PM - 5:50 PM	Fitness Swim 1:45 PM - 4:30 PM	Stroke Development 12:00 PM - 1:00 PM
Learn to Float 4:15 PM - 5:00 PM						Coached Swim 7:15 PM - 8:45 PM
Women's Only H2O Bootcamp 5:10 PM - 5:55 PM	Coached Swim 7:15 PM - 8:45 PM		Coached Swim 7:15 PM - 8:45 PM	Coached Swim 7:15 PM - 8:45 PM	Sports, Games, & Play 7:00 PM - 8:45 PM	
Women's Only Fitness Swim 6:10 PM - 8:45 PM						Fitness Swim 7:15 PM - 8:45 PM