



WEST VIEW
WELLNESS CENTER

OCTOBER AQUATIC CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	2 Open Swim 7am-9am Total Aqua 9:15am-10am Open Swim 1:30pm-3pm
5 Open Swim 7am-8am Gentle Waves Aqua 9:15am-10am Open Swim 2pm-3:30pm	6 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am Aqua Dance 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	7 Open Swim 7am-8am Gentle Waves Aqua 9:15am-10am Open Swim 2pm-3:30pm	8 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	9 Open Swim 7am-9am Total Aqua 9:15am-10am Open Swim 1:30pm-3pm
12 Open Swim 7am-8am Gentle Waves Aqua 9:15am-10am Open Swim 2pm-3:30pm	13 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am Aqua Dance 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	14 Open Swim 7am-8am Gentle Waves Aqua 9:15am-10am Open Swim 2pm-3:30pm	15 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	16 Open Swim 7am-9am Total Aqua 9:15am-10am Open Swim 1:30pm-3pm
19 Open Swim 7am-8am Gentle Waves Aqua 9:15am-10am Open Swim 2pm-3:30pm	20 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am Aqua Dance 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	21 Open Swim 7am-8am Gentle Waves Aqua 9:15am-10am Open Swim 2pm-3:30pm	22 Open Swim 7am-9:15am Silver Sneakers Splash 9:30am-10:15am 10:30am-11:15am Total Aqua 12pm-12:45pm Open Swim 4pm-5:30pm	23 Open Swim 7am-9am Total Aqua 9:15am-10am Open Swim 1:30pm-3pm
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