

# March 2020

# Aquatics

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren 5:30pm Cross Currents-Linda	<b>5:30am-6:30am</b> <b>Private Swim Clinic</b> 8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 5:30pm Cross Currents-Linda	8:00am Volleyball- <b>NO CLASS</b> 9:00am Aqua Flow- <b>Lauren</b> 12:10pm Aqua Flow-Lauren	8:00am Cross Currents-Linda 9:00am Aqua Flow -Linda 5:30pm Cross Currents-Linda	8:00am Cross Currents-Linda 12:10pm Aqua Flow- <b>Linda</b>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren 5:30pm Cross Currents-Linda	<b>5:30am-6:30am</b> <b>Private Swim Clinic</b> 8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 5:30pm Cross Currents- <b>NO CLASS</b>	8:00am Volleyball-Brandi 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren	8:00am Cross Currents-Linda 9:00am Aqua Flow -Linda 5:30pm Cross Currents-Linda	8:00am Cross Currents-Linda 12:10pm Aqua Flow-Lauren	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren 5:30pm Cross Currents-Linda	<b>5:30am-6:30am</b> <b>Private Swim Clinic</b> 8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 5:30pm Cross Currents-Linda	8:00am Volleyball-Brandi 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 5:30pm Cross Currents-Linda	8:00am Cross Currents-Linda 12:10pm Aqua Flow- <b>NO CLASS</b>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 12:10pm Aqua Flow - <b>NO CLASS</b> 5:30pm Cross Currents-Linda	<b>5:30am-6:30am</b> <b>Private Swim Clinic</b> 8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 5:30pm Cross Currents-Linda	8:00am Volleyball-Brandi 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 5:30pm Cross Currents-Linda	Volleyball Tournament 8:00am-10:00am Brandi 12:10pm Aqua Flow- Lauren	
<b>29</b>	<b>30</b>	<b>31</b>				
	8:00am Cross Currents-Linda 9:00am Aqua Flow-Linda 12:10pm Aqua Flow-Lauren 5:30pm Cross Currents-Linda	<b>5:30am-6:30am</b> <b>Private Swim Clinic</b> 8:00am Cross Currents-Linda 9:00am Aqua Flow -Linda 5:30pm Cross Currents-Linda		"Cross currents" are all pool classes that take place in the lap pool [ no change to routines]  "Aqua Flow" are all classes that take place in the therapy pool. [ no changes to routines]	<b>-Instructors are subject to change</b>	

