

October 2020

Aquatics

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

