



AQUATICS SCHEDULE

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All spaces not marked are OPEN SWIM	0500-0700 Master's Swim Club		0500-0700 Master's Swim Club			
	0700-0800 Stroke Development ACDU/PRT		0700-0800 Stroke Development ACDU/PRT			
					0930-1230 Swim Lessons	0930-1230 Swim Lessons
					The shallow end of the pool will be reserved for swim lessons. The lap lanes will be available for open swim.	
	1215-1300 Aqua Power Nancy	1215-1300 Aqua Power Juli	1215-1300 Aqua Power Nancy	1215-1300 Aqua Power Juli		
					1400-1700	1400-1700
1700-1800 Aqua Zumba Dorothy	1600-1650 Deep Impact Michelle		1600-1650 Deep Impact Michelle		Family Swim	Family Swim
1700-1900 Master's Swim	1830-2000 Scuba (Must register at the front desk)	1700-1900 Master's Swim	1830-2000 Scuba (Must register at the front desk)	1700-1900 Family Swim	 Like us on Facebook Bethesda MWR Fitness/Aquatics <i>Aqua shoes are recommended for aqua</i>	

WOUNDED WARRIOR PROGRAM

	1300-1500 Therapeutic Swim (WW)					
	1600-1800 Team River Runner Kayak Clinic(WW)				(WW) Marked Classes are for Wounded Warriors ONLY. The Shallow end of the pool will be reserved for the Kayak Clinics	
			1800-2000 Team River Runner Kayak Clinic (WW)			