## AbilityFirst, Claremont Center Aquatic Schedule

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIMES	1/101 (2/11	TODODITI	VV EBT (ESBIT		1102111
	Water	Water	Water	Water	Water
8:30am - 9:30am	Exercise	Exercise	Exercise	Exercise	Exercise
	Arthritis	Arthritis Exercise	Arthritis	Arthritis Exercise	Arthritis
9:45am-10:45am	Exercise	Plus	Exercise	Plus	Exercise
	Arthritis		Open		Arthritis
11:00am-	Exercise Plus		Swim		Exercise Plus
12:00pm					
	Water		Water		
1:30pm-	Exercise		Exercise		
2:30pm					
	After School	After School	After School	After School	After School
3:00pm - 4:30pm	Program	Program	Program	Program	Program

\*NOTE: THIS SCHEDULE IS TENATIVE AND IS SUBJECT TO CHANGE.

Revised 6/2021