

AbilityFirst, Claremont Center  
Aquatic Schedule

<b>DAYS TIMES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:30am – 9:30am</b>	Water Exercise	Water Exercise	Water Exercise	Water Exercise	Water Exercise
<b>9:45am-10:45am</b>	Arthritis Exercise	Arthritis Exercise Plus	Arthritis Exercise	Arthritis Exercise Plus	Arthritis Exercise
<b>11:00am- 12:00pm</b>	Arthritis Exercise Plus		Open Swim		Arthritis Exercise Plus
<b>1:30pm- 2:30pm</b>	Water Exercise		Water Exercise		
<b>3:00pm – 4:30pm</b>	After School Program	After School Program	After School Program	After School Program	After School Program

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

Revised 6/2021