

AbilityFirst Long Beach Center  
 Community Aquatics Program Class Schedule 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00	Arthritis Swim Plus	Water Ex	Arthritis Swim Plus	Water Ex	Arthritis Swim Plus	NO CLASS for now on Saturdays
9:00-10:00	Arthritis Swim	Arthritis Swim Plus	Arthritis Swim	Arthritis Swim Plus	Arthritis Swim	NO CLASS for now on Saturdays
10:00-11:00	Open Swim/Adult Participant Swim	Open Swim/Adult Participant Swim	Open Swim/Adult Participant Swim	Open Swim/Adult Participant Swim	Open Swim/Adult Participant Swim	NO CLASS for now on Saturdays
11:00-12:00	Water Ex	Arthritis Swim	Water Ex	Arthritis Swim	Water Ex	NO CLASS for now on Saturdays
3:00-5:00	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	NO CLASS for now on Saturdays
5:30-6:30	Water Ex	Water Ex	Water Ex	Water Ex	Water Ex	NO CLASS for now on Saturdays
Key:	Closed to the community for program	Arthritis Swim Class Low impact exercises with full range of motion from head to toe.	Arthritis Swim Plus Class Medium impact exercises with full range of motion from head to toe. Incorporating multiple body parts at the same time.	Water Ex Class Full cardio exercises to get the heart rate up.	Open Swim Self lead exercises, no lead instruction. Do your own exercises.	*Please note class times are subject to change once the locker rooms reopen to limit cross over in the locker rooms.
REV 05/22						