

AbilityFirst, Claremont Center
Aquatic Schedule

| DAYS TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|----------------------------|----------------------------|-------------------------|----------------------------|----------------------------|
| 8:30am – 9:30am | Water Exercise | Water Exercise | Water Exercise | Water Exercise | Water Exercise |
| 9:45am-10:45am | Arthritis Exercise | Arthritis Exercise Plus | Arthritis Exercise | Arthritis Exercise Plus | Arthritis Exercise |
| 11:00am- 12:00pm | Arthritis Exercise Plus | | Open Swim | | Arthritis Exercise Plus |
| 1:30pm- 2:30pm | Water Exercise | | Water Exercise | | |
| 3:00pm – 4:30pm | 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