AbilityFirst, Claremont Center Aquatic Schedule

9:45am-10:45amArthritis ExerciseArthritis ExerciseArthritis PlusArthritis Exercise11:00am- 12:00pmArthritis Exercise PlusOpen Swim1:30pm- 2:30pmWater ExerciseWater Exercise1:30pm- 2:30pmAfter School ProgramAfter School ProgramAfter School Program	TIMES IVIC	Water Exercise	TUESDAY Water Exercise	WEDNESDAY Water Exercise WEDNESDAY THURSDAY	THURSDA
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*NOTE: THIS SCHEDULE IS TENATIVE AND IS SUBJECT TO CHANGE.