

AbilityFirst, Claremont Center
Aquatic Schedule

DAYS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45am – 9:45am	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		Arthritis Exercise Plus		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 8/2021