

AbilityFirst Long Beach Center Community Aquatics Program Class Schedule 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Arthritis Swim Plus	Water Ex	Arthritis Swim Plus	Water Ex	Arthritis Swim Plus
9:00-10:00	Arthritis Swim	Arthritis Swim Plus	Arthritis Swim	Arthritis Swim Plus	Arthritis Swim
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
11:00-12:00	Arthritis Swim Plus	Arthritis Swim	Arthritis Swim Plus	Arthritis Swim	Arthritis Swim Plus
12:00-1:00	Water Ex	Water Ex	Water Ex	Water Ex	Water Ex
1:00-2:00	Private Rental	Private Rental	Private Rental	Private Rental	Private Rental
2:00-3:00	Open Swim/Arthritis Swim	Open Swim/Arthritis Swim	Open Swim/Arthritis Swim	Open Swim/Arthritis Swim	Open Swim/Arthritis Swim
3:00-5:00	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program
5:30-6:30	Water Ex	Water Ex	Water Ex	Water Ex	Water Ex
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.