



## Pool Schedule

Please call Health Ambitions to verify class times at 303.485.4161.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	OPEN Swim 6:30-7:00 am	OPEN Swim 6:30-8:00 am	OPEN Swim 6:30-7:00 am	OPEN Swim 6:30-8:00 am	OPEN Swim 6:30-7:00 am		
7:00	Aqua Aerobics 7:00-7:45 am		Aqua Aerobic 7:00-7:45 am		Aqua Aerobic 7:00-7:45 am	OPEN Swim 7:00-9:00 am	
8:00	Young at Heart 8:30-9:15 am	Young at Heart 8:00-8:45 am	Young at Heart 8:30-9:15 am	Young at Heart 8:00-8:45 am	Young at Heart 8:30-9:15 am		
9:00						Young at Heart 9:00-9:45 am	
10:00	AiChi 10:00-10:45 am	Arthritis 10:00-10:45 am	Arthritis 10:00-10:45 am	Arthritis 10:00-10:45 am	AiChi 10:00-10:45 am		OPEN Swim 10:00 am-2:00 pm
11:00	OPEN Swim 11:00 am-4:30 pm	Pool Closed 11:00-Noon	OPEN Swim 11:00 am-4:30 pm	Pool Closed 11:00-Noon	OPEN Swim 11:00 am-4:30 pm	OPEN Swim 10:00 am-2:00 pm	
Noon		OPEN Swim Noon-5:00 pm		OPEN Swim Noon-5:00 pm			
1:00							
2:00						Closed	Closed
3:00							
4:00	Arthritis 4:30-5:15 pm		Ai Chi 4:30-5:15 pm		Arthritis 4:30-5:15 pm		
5:00	Young at Heart 5:30-6:15 pm	Aqua Aerobics 5:15-6:00 pm	Young at Heart 5:30-6:15 pm	Aqua Aerobics 5:15-6:00 pm			
6:00		OPEN Swim 6:00-7:00 pm		OPEN Swim 6:00-7:00 pm			
7:00	Closed	Closed	Closed	Closed	Closed		