

New Millennium Fitness Pool Schedule: August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30am Masters 9am Aerobics –Brenda 10:15am Aerobics Women- Brenda 7pm Water Works – Alicia	3 5:30am Masters 12:00pm Silver Splash- Valerie 6-7:30pm Learn to Swim	4 5:30am Masters 9am Aerobics- Brenda 10:15am Aquatone Women- Brenda 6pm Water Jogging- Kelly	5 5:30am Masters 12:00pm Silver Splash- Valerie 5pm Water Aerobics- Brenda 6-7:30pm Learn to Swim	6 5:30am Masters 9:30am H2O Fitness- Alicia	7 8:30am Water Works- Brenda 9:30am Babies Learn to Swim 10-2pm Family Swim 2-4pm Private Parties
8 1-5pm Family Swim	9 5:30am Masters 9am Aerobics- Brenda 10:15am Aerobics Women- Brenda 7pm – Water Works- Alicia	10 5:30am Masters 12:00pm Silver Splash- Valerie 6-7:30ppm Learn to Swim	11 5:30am Masters 9am Aerobics- Brenda 10:15am Aquatone Women- Brenda 6pm Water Jogging- Kelly	12 5:30am Masters 12:00pm Silver Splash- Valerie 5pm Water Aerobics- Brenda 6-7:30pm Learn to Swim	13 5:30am Masters 9:30am H2O Fitness- Alicia	14 9:30am Babies Learn to Swim 10 – 2 Family Swim 2-4pm Private Parties
15 1-5pm Family Swim	16 5:30am Masters 9am Aerobics- Brenda 10:15am Aerobics Women-Brenda 7pm Water Works- Alicia	17 5:30am Masters 12:00pm Silver Splash- Valerie 6-7:30pm Learn to Swim	18 5:30am Masters 9am Aerobics- Brenda 10:15am Aquatone Women- Brenda 6pm Water Jogging- Kelly	19 5:30am Masters 10:30am Silver Splash- 5pm Water Aerobics- Brenda 6-7:30pm Learn to Swim	20 5:30am Masters 9:30am H2O Fitness- Alicia	21 8:30am Water Works- Brenda 10-2pm Family Swim 2-4pm Private Parties
22 1-5pm Family Swim	23 5:30am Masters 9am Aerobics- Brenda 10:15am Aerobics Women-Brenda 7pm Water Works- Alicia	24 5:30am Masters 10:30am Silver Splash- 6-7:30pm Learn to Swim	25 5:30am Masters 9am Aerobics- Brenda 10:15am Aquatone Women- Brenda 6pm Water Jogging- Kelly	26 5:30am Masters 10:30am Silver Splash- 5pm Water Aerobics- Brenda 6-7:30pm Learn to Swim	27 5:30am Masters 9:30am H2O - Alicia	2 10-2pm Family Swim 2-4pm Private Parties
29 1-5pm Family Swim	30 5:30am Masters 9am Aerobics- Brenda 10:15am Aerobics Women-Brenda 7pm Water Alicia	31 5:30am Masters 10:30am Silver Splash- 6-7:30pm Learn to Swim				