



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January Pool Schedule Southern Saratoga

Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Swim 05:00-10:00pm Staff	Open Swim 05:00-10:00pm Staff	Open Swim 05:00-10:00pm Staff	Open Swim 05:00-10:00pm Staff	Open Swim 05:00-10:00pm Staff	
Open Swim 06:00-06:00pm Staff						Open Swim 06:00-06:00pm Staff
	Aqua Zumba (Shallow) 08:10-09:10am Mary Ann C.	Total Body Aqua Circuit (Deep) 08:00-09:00am Carlie P.	Aqua Tabata (Deep) 08:10-09:10am Bridget H.	Total Body Aqua Circuit (Deep) 08:10-09:10am Carlie P.	Aqua Tabata (Deep) 08:10-09:10am Carlie P.	Shallow Water Aqua Aerobics 08:05-09:00am Betty C.
	Deep Water Aqua Aerobics 09:15-10:15am Heather J.	Stride & Strength (Shallow) 09:15-10:00am Mary Ann C.	Deep Water Aqua Aerobics 09:20-10:20am Carlie P.	Stride & Strength (Shallow) 09:15-10:00am Sheri P.	Deep Water Aqua Aerobics 09:15-10:10am Heather J.	
		Forever Fit Cardio (Shallow) 10:00-10:45am Mary Ann C.	Aqua Zumba (Shallow) 10:30-11:30am Mary Ann C.	Forever Fit Cardio (Shallow) 10:00-10:45am Sheri P.	Forever Fit Cardio (Shallow) 10:15-11:15am Sherry M.	
		Water Wellness (Shallow/Deep) 12:00-01:00pm Shirley B./Sherry M.			Water Wellness (Shallow/Deep) 12:00-01:00pm Shirley B./Sherry M.	
		Deep Water Aqua Aerobics 04:15-05:15pm Shirley B.		Deep Water Aqua Aerobics 04:15-05:15pm Betty C.		
	Shallow Water Aqua Aerobics 06:00-07:00pm Bridget H.		Shallow Water Aqua Aerobics 06:00-07:00pm Shirley B.			

Pool: SSY