

# 20TH AVENUE - Water Fitness Schedule

## Monthly Calendar for November 2018



**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

**KEY:**

**Family = Family Pool**

**West Comp = Competition Pool Lanes 5, 6, 7, 8**

**East Comp = Competition Pool Lanes 1, 2, 3, 4**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-9:45a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	
<b>4</b>	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-9:45a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>10</b>
<b>11</b>	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-9:45a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>17</b>
<b>18</b>	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-9:45a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>24</b>
<b>25</b>	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>9a-10a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family) <b>5:30p-6:15p</b> <b>Water Fit.</b> (West Comp)	<b>9a-9:45a</b> <b>Water Fit.</b> (West Comp) <b>10a-10:45a</b> <b>Arthritis</b> (Family)	<b>30</b>