

20TH AVENUE - Water Fitness Schedule

Monthly Calendar for January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family) 5:30p-6:15p Water Fit. (West Comp)	9a-9:45a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	
6	7	8	9	10	11	12
	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family) 5:30p-6:15p Water Fit. (West Comp)	9a-9:45a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	
13	14	15	16	17	18	19
	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 5:30p-6:15p Water Fit. (West Comp)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family) 5:30p-6:15p Water Fit. (West Comp)	9a-9:45a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	
20	21	22	23	24	25	26
	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family) 5:30p-6:15p Water Fit. (West Comp)	9a-9:45a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	
27	28	29	30	31		
	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 5:30p-6:15p Water Fit. (West Comp)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family)	9a-10a Water Fit. (West Comp) 10a-10:45a Arthritis (Family) 5:30p-6:15p Water Fit. (West Comp)		

KEY:

Family = Family Pool

West Comp = Competition

Pool Lanes 5, 6, 7, 8

East Comp = Competition

Pool Lanes 1, 2, 3, 4