

# 20TH AVENUE - Water Fitness Schedule

## Monthly Calendar for January 2020



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

**KEY:**

**Family = Family Pool**

**West Comp = Competition**

Pool Lanes 5, 6, 7, 8

**East Comp = Competition**

Pool Lanes 1, 2, 3, 4