# Aquatics Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>Open/Family Swim</td>
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<td>Family Swim</td>
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<td>Water Aerobics</td>
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</tbody>
</table>

**Additional Activities**

- **Ballroom Dance** (Adults) Tuesdays 5:00-7:00pm
- **Karate Class** (8 & up) Saturdays 2:00-4:00pm
- **African Dance** (All) Mondays 6:00-7:00pm
- **T-Ball** (Ages 4-7) Saturdays 12:30-2:00pm
- **Coach Pitch** (Ages 8-10) Fridays 6:00-7:30pm

**Summer Lunch Program**

- Monday–Friday 12:00—1:00pm
- (No Registration Required)

**Aquatic Centers Schedule**

### Ages

- **4-7**: Baseball, Baseball Skills & Drills
- **8**: Open Gym (Youth-17), Family Gym
- **12-17**: Teen Open Gym (Ages 12-18)
- **18+**: Family Gym, Senior Open Gym (Ages 55+)
- **All ages**: Open Swim, Family Swim

**Aquatic Centers Schedule**

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