

AUGUST 2025 WATER CLASSES

Monday, Wednesday, Friday 7am – 4pm

Tuesday, Thursday 7 am – 7 pm



WEST VIEW
WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 OPEN SWIM 7a-9:45a Total Aqua 9a – 9:45a Nena OPEN SWIM 1:30p-3:30p
4 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a -Sunny OPEN SWIM 3p-3:45p	5 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p - Belinda OPEN SWIM 4p-6:30p	6 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a - Sunny OPEN SWIM 3p-3:45p	7 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30a-10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p Belinda OPEN SWIM 4p-6:30p	8 OPEN SWIM 7a-9:45a Total Aqua 9a – 9:45a Moderate Nena OPEN SWIM 1:30p-3:30p
11 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a - Sunny OPEN SWIM 3p-3:45p	12 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p - Belinda OPEN SWIM 4p-6:30p	13 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a -Sunny OPEN SWIM 3p-3:45p	14 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30a-10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p Belinda OPEN SWIM 4p-6:30p	15 OPEN SWIM 7a-9:45a Total Aqua 9a – 9:45a Moderate Nena OPEN SWIM 1:30p-3:30p
18 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a - Sunny OPEN SWIM 3p-3:45p	19 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p - Belinda OPEN SWIM 4p-6:30p	20 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a -Sunny OPEN SWIM 3p-3:45p	21 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30a – 10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p Belinda OPEN SWIM 4p-6:30p	22 OPEN SWIM 7a-9:45a Total Aqua 9a – 9:45a Moderate Nena OPEN SWIM 1:30p-3:30p
25 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a -Sunny OPEN SWIM 3p-3:45p	26 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45 - Belinda OPEN SWIM 4p-6:30p	27 OPEN SWIM 7a-8a Total Aqua Low 9a-9:45a - Sunny OPEN SWIM 3p-3:45p	28 OPEN SWIM 7a-9:15a SS Splash-Nena 9:30a – 10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua High 12p-12:45p –Belinda OPEN SWIM 4p-6:30p	29 OPEN SWIM 7a-9:45a Total Aqua 9a – 9:45a Moderate Nena OPEN SWIM 1:30p-3:30p