

MEN'S AQUATICS PROGRAM

March 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Swim 6:00 PM	Open Swim 6:00 PM	Open Swim 6:00 PM	Open Swim 6:00 PM	Open Swim 6:00 PM	Open Swim 6:00 PM
Open Swim 7:00 PM	Open Swim 7:00 PM	Open Swim 7:00 PM	Open Swim 7:00 PM	Open Swim 7:00 PM	Open Swim 7:00 PM
Stroke Development 7:00 PM Arnold	Aqua Whole Body 7:00 PM Arnold	Stroke Development 7:00 PM Arnold	Aqua Navy Seal 7:00 PM Arnold	Stroke Development 7:00 PM Arnold	Aqua Tabata 7:00 PM Arnold
Open Swim 8:00 PM	Open Swim 8:00 PM	Open Swim 8:00 PM	Open Swim 8:00 PM	Open Swim 8:00 PM	Open Swim 8:00 PM
Water Polo 8:00 PM Arnold	Stroke Development 8:00 PM Arnold	Aqua Power 8:00 PM Arnold	Stroke Development 8:00 PM Arnold	Aqua Gym 8:00 PM Arnold	Stroke Development 8:00 PM Arnold
Open Swim 9:00 PM	Open Swim 9:00 PM	Open Swim 9:00 PM	Open Swim 9:00 PM	Open Swim 9:00 PM	Open Swim 9:00 PM

Aspire Active Timetables are subject to change.