

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6:00-10:30	Lap Swim 6:00-10:30	Lap Swim 6:00-10:30	Lap Swim 6:00-10:30	Lap Swim 6:00-10:30	
DWA 7:30-8:30	GlideFit 7:30-8:20	DWA 7:30-8:30	GlideFit 7:30-8:20	DWA 7:30-8:30	Masters Swim 7:00-8:00
SWA 8:30-9:30	SWA 8:30-9:30	SWA 8:30-9:30	SWA 8:30-9:30	SWA 8:30-9:30	Co-op Swim Practice 8:00-10:00
B&F 9:30-10:30	Lap Swim 9:30-1:00	B&F 9:30-10:30	Lap Swim 9:30-1:00	B&F 9:30-10:30	Co-op Dive Practice 9:00-11:00
Lap Swim 10:30-1:00		Lap Swim 10:30-1:00		Lap Swim 10:30-1:00	Lap Swim 10:15-1:00
Co-op Swim Practice 3:00-5:30	Co-op Swim Practice 3:00-5:30	Co-op Swim Practice 3:00-5:30	Co-op Swim Practice 3:00-5:30	Co-op Swim Practice 3:00-5:00	Open Rec 1:00-3:00
*Lessosns 5:30-6:30		*Lessosns 5:30-6:30			
Co-op Dive Practice 5:30-7:30	Co-op Dive Practice 5:30-7:30	Co-op Dive Practice 5:30-7:30	Co-op Dive Practice 5:30-7:30		
Sea Bees Practice 6:30-8:30	^Sea Bees Practice 5:30-7:30	^Sea Bees Practice 5:30-8:30	^Sea Bees Practice 6:30-7:30	^Sea Bees Practice 5:30-7:30	
SWA= shallow water aerobics DWA= deep water aerobics GF=Glide Fit B&F=Bend and Flex					

Upcoming closures:

*Lessons start October 12th

For Daily and Annual rates for Lap Swim, Aqua Fitness and Rec Swims please check BridgmanPool.com