

# NOVEMBER AQUATIC SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2 3 4 5 6						
	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	7:00 - 8:30am Lap Swim
	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness
7 8 9 10 11 12 13						
	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	7:00 - 8:30am Lap Swim
	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness
				Town Hall Closed for Holiday		
14 15 16 17 18 19 20						
	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	7:00 - 8:30am Lap Swim
	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness
21 22 23 24 25 26 27						
	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	6:00 - 10:00am Lap Swim	Closed for Thanksgiving	6:00 - 10:00am Lap Swim	7:00 - 8:30am Lap Swim
	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness	8:00-9:00am Aqua Fitness		8:00-9:00am Aqua Fitness	8 - 9:00am Zero G Fitness
				Town Hall Closed for Holiday	Town Hall Closed for Holiday	
28 29 30						
	6:00 - 10:00am Lap Swim	7:45 - 10:00am Lap Swim	Civic Center Park Aquatic Center Recreation Office (760) 240-7880 Pool Office (760) 240-7000 ex:7895 www.applevalley.org "A Better Way to Play"			
	8:00-9:00 am Aqua Fitness	8 - 9:00am Zero G Fitness				
	Town Hall Closed for Holiday					

\*Schedule subject to change based on pool availability\*