JULY Pool Schedule

Civic Center Park Aquatic Center
Recreation Office (760) 240 - 7880
Pool Office (760) 240 - 7000 ex: 7895
www.AVRecreation.org
Town of Apple Valley Recreation Department
"A Better Way to Play"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 12:15pm Swim Lessons 12:45-3:45pm Rec Swim 4:15-5:30pm Swim Lessons 5:30 - 7:30 pm WAVE 5:30 - 7:30pm Water Aerobics 7:45 -9:45pm Evening Lap Swim	2 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 11:45am Swim Lessons 12:45-3:45pm Rec Swim 4 - 6pm WAVE Swim for Suits 6:30-9:45pm Rec Swim
3 10 - 11:30am Morning Lap Swim 12:45-3:45pm Rec Swim	4 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 12:15pm Swim Lessons 12:45-3:45pm Rec Swim 4:15-5:30pm Swim Lessons 5:30 - 7:30 pm WAVE 5:30 - 7:30pm Water Aerobics 7:45 -9:45pm Evening Lap Swim	5 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 12:15pm Swim Lessons 12:45-3:45pm Rec Swim 4:15-5:30pm Swim Lessons 5:30 - 7:30 pm WAVE	6 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 12:15pm Swim Lessons 12:45-3:45pm Rec Swim 4:15-5:30pm Swim Lessons 5:30 - 7:30 pm WAVE 5:30 - 7:30pm Water Aerobics 7:45 -9:45pm Evening Lap Swim	7 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 12:15pm Swim Lessons 12:45-3:45pm Rec Swim 4:15-5:30pm Swim Lessons 5:30 - 7:30 pm WAVE 7:45-9:45 pm Evening Rec Swim	8 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 12:15pm Swim Lessons 12:45-3:45pm Rec Swim 4:15-5:30pm Swim Lessons 5:30 - 7:30 pm WAVE 5:30 - 7:30pm Water Aerobics 7:45 -9:45pm Evening Lap Swim	9 5:45 - 9:15am Morning Lap Swim 7:30 - 9:30am Water Aerobics 9:40 - 11:45am Swim Lessons 12:45-3:45pm Rec Swim 4 - 6pm Open SCUBA 6:30-9:45pm Rec Swim
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