

# SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	<b>Adult Lap Swim**</b> 5:00-9:00am	<b>Adult Lap Swim</b> 5:00-9:00am	<b>Adult Lap Swim**</b> 5:00am-12:00pm	<b>Adult Lap Swim</b> 5:00-9:00am	<b>Adult Lap Swim**</b> 5:00-9:00am		
6:00am							
7:00am						<b>Adult Lap Swim**</b> 7:00-8:30am	
8:00am							
9:00am	<b>Aqua Fitness (Aria)</b> 9:00-10:00am	<b>Aqua Fitness (Teresa)</b> 9:00-10:00am		<b>Aqua Fitness (Teresa)</b> 9:00-10:00am	<b>Aqua Fitness (Aria)</b> 9:00-10:00am	Swim Lessons 8:30-12:00pm	
10:00am	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 10:00am-12:00pm	<b>Adult Lap Swim**</b> 10:00am-12:00pm			<b>Adult Lap Swim**</b> 10:00am-1:00pm
11:00am							
12:00pm	<b>Physical Therapy</b> 12:00-1:00pm	<b>Adult Lap Swim</b> 12:00-3:00pm	<b>Physical Therapy</b> 12:00-1:00pm	<b>Physical Therapy</b> 12:00-1:00pm	<b>Physical Therapy</b> 12:00-1:00pm	<b>Family Swim \$7 Community Swim</b> 12:00-1:30pm	
1:00pm	<b>Aqua Fitness (Aria)</b> 1:00-2:00pm		<b>Aqua Fitness (Aria)</b> 1:00-2:00pm	<b>Adult Lap Swim</b> 1:00-3:00pm	<b>Aqua Fitness (Michelle)</b> 1:00-2:00pm	<b>Adult Lap Swim**</b> 1:00pm-3:00pm	<b>Family Swim \$7 Community Swim</b> 1:00-3:30pm
2:00pm	<b>Adult Lap Swim**</b> 2:00-6:00pm		<b>Adult Lap Swim</b> 2:00-3:00pm				
3:00pm			<b>Adult Lap Swim**</b> 2:00-5:00pm	<b>Family Swim \$7 Community Swim</b> 3:00-4:30pm			
4:00pm		Swim Lessons 3:00-7:00pm			Swim Lessons 3:00-6:00pm*	Swim Lessons 3:00-7:00pm	
5:00pm							<b>Family Swim \$7 Community Swim</b> 5:00-6:30pm
6:00pm	<b>Aqua Fitness (Abby)</b> 6:00-7:00pm		<b>Aqua Fitness (Abby)</b> 6:00-7:00pm				
7:00pm	<b>Adult Lap Swim</b> 7:15-8:45pm	<b>Adult Lap Swim</b> 7:00-8:45pm	<b>Adult Lap Swim</b> 7:15-8:45pm	<b>Adult Lap Swim</b> 7:00-8:45pm	Must be 16 or older to use the pool during Adult "Lap Swim" times. *Available for Lap Swim or Water Walkers in lanes not being utilized by Swim Lessons. **1-2 lanes may be used for Swim Lessons		
8:00pm							
9:00pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>			



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