

## WEEKLY CALENDAR SEPT 9TH-SEPT 15TH

MONDAY SEPT 9TH PICKELBALL 8AM-12PM	TUESDAY SEPT 10TH 6AM-4PM LAP SWIM	WEDNESDAY SEPT 11TH 6AM-4:00PM LAP SWIM 8AM-12PM	THURSDAY SEPT 12TH 6AM -4PM LAP SWIM	FRIDAY SEPT 13TH 6AM-12:30 LAP SWIM	SATURDAY SEPT 14TH 10AM-4PM OPEN SWIM
6AM-4PM LAP SWIM	8:30AM PILATES	PICKELBALL	8:30 AM MOVE IT OR LOSE IT	8AM-12PM PICKLEBALL	10AM-4PM
	9:30 CARDIO	8:30AM ML MUSCULAR	0.00 DU 4750	FICKLEBALL	BOUNCE HOUSE
8:30AM ML MUSCULAR	9:30 DEEP	LONGEVITY	8:30 PILATES	8:30AM ML MUSCULAR	
LONGEVITY	WATER	10:30AM	9:30 CARDIO	LONGEVITY	
4:30PM WATER FITNESS	BASKETBALL PICK-UP GAMES 11AM-3PM	SHALLOW WATER  4:30PM WATER FITNESS	9:30 DEEP WATER	12:30-6PM OPEN SWIM	
5:30PM WATER INTERVALS		5:30PM WATER INTERVALS			
BINGO 5:30PM					

URDAY SUNDAY
T 14TH SEPT 15TH

M-4PM VOLLEYBALL N SWIM 1PM-5:30PM

> OPEN SWIM 10M-4PM

> > WALK FOR WELLNESS 2PM





## WEEKLY JLAAC NEWS SEPT 9TH-SEPT 15TH

JLAAC POOL & SAUNA
WILL CLOSED
SEPTEMBER 16TH-18TH
FOR REPLACMENT OF
POOL LIGHTING

FRIDAY OPEN SWIM
12:30PM - 6PM

SAT, SUN OPEN SWIM 10AM-4PM WALK FOR WELLNESS
ON SUNDAY
SEPT 8TH AT 2PM

BINGO 9/16 AT 5:30PM

ACTIVITIES & CLASSES REQUIRE A MEMBERSHIP OR \$5.00 DAY PASS