



Thousand Oaks Fall Pool Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Indoor Pool Schedule

	Indoor Pool Hours	Open Swim Hours
Monday	8:00am-12:00pm 4:00pm-9:00pm	8:00am-9:00am, 7:30pm-9:00pm
Tuesday	8:00am-12:00pm 4:00pm-9:00pm	8:00am-9:00am, 10:00am- 11:00am, 4:00pm-5:00pm, 8:00pm-9:00pm
Wednesday	8:00am-12:00pm 4:00pm-9:00pm	9:00am-10:00am, 7:30pm-9:00pm
Thursday	8:00am-12:00pm, 4:00pm-9:00pm	8:00am-9:00am, 10:00am- 11:00am, 4:00pm-5:00pm, 8:00pm-9:00pm
Friday	8:00am-12:00pm, 4:00pm-9:00pm	9:00am-12:00pm, 4:00pm- 5:00pm
Saturday	8:00am-5:00pm	1:30pm-5:00pm
Sunday	2:00pm-5:00pm	2:00pm-5:00pm

Aquatics Group Exercise Schedule

ALL CLASSES ARE HELD IN THE INDOOR POOL		
Monday	NO CLASSES SCHEDULED	
Tuesday	Water Aerobics- Loyda 9:00am-10:00am	Water Aerobics-Cheryl 7:00pm-7:55pm
Wednesday	Water Aerobics- Loyda 8:00am-8:55am	
Thursday	Water Fit- Loyda 9:00am-10:00am	Water Fit-Cheryl 7:00pm-7:55pm
Friday	Water Fit - Cheryl 8:00am-8:55am	
Saturday	Water Aerobics- Loyda 8:00am-8:55am	Water Fit-Julie 9:15am-10:15am