

# ACTIVE LIVING AQUATIC SCHEDULE

## December 9 - 15, 2019

| Monday<br>9 |         |          | Tuesday<br>10 |           |       | Wednesday<br>11 |         |          | Thursday<br>12 |           |       | Friday<br>13 |         |      | Saturday<br>14 |         |      | Sunday<br>15 |         |      |  |     |  |  |
|-------------|---------|----------|---------------|-----------|-------|-----------------|---------|----------|----------------|-----------|-------|--------------|---------|------|----------------|---------|------|--------------|---------|------|--|-----|--|--|
| Time        | Shallow | Deep     | Time          | Shallow   | Deep  | Time            | Shallow | Deep     | Time           | Shallow   | Deep  | Time         | Shallow | Deep | Time           | Shallow | Deep | Time         | Shallow | Deep |  |     |  |  |
| 515         |         |          | 515           |           |       | 515             |         |          | 515            |           |       | 515          |         |      | 515            |         |      | 515          |         |      |  |     |  |  |
| 530         | TM15    | Dinos 45 | 530           |           |       | 530             | CK24    | Dinos 35 | 530            |           |       | 530          |         |      | 530            |         |      | 530          |         |      |  |     |  |  |
| 545         |         |          |               |           | 545   |                 |         |          |                | 545       |       |              | 545     |      |                | 545     |      |              | 545     |      |  |     |  |  |
| 600         |         |          |               |           | 600   |                 |         |          |                | 600       |       |              | 600     |      |                | 600     |      |              | 600     |      |  | 600 |  |  |
| 615         |         |          |               |           | 615   |                 |         |          |                | 615       |       |              | 615     |      |                | 615     |      |              | 615     |      |  | 615 |  |  |
| 630         |         |          | 630           |           |       | 630             |         |          | 630            |           |       | 630          |         |      | 630            |         |      | 630          |         |      |  |     |  |  |
| 645         |         |          | 645           |           |       | 645             |         |          | 645            |           |       | 645          |         |      | 645            |         |      | 645          |         |      |  |     |  |  |
| 700         |         |          | 700           |           |       | 700             |         |          | 700            |           |       | 700          |         |      | 700            |         |      | 700          |         |      |  |     |  |  |
| 715         |         |          | 715           | Dinos M15 | Dinos | 715             |         |          | 715            | Dinos M15 | Dinos | 715          |         |      | 715            |         |      | 715          |         |      |  |     |  |  |
| 730         |         |          | 730           |           |       |                 |         | 730      |                |           |       |              | 730     |      |                | 730     |      |              | 730     |      |  | 730 |  |  |
| 745         |         |          | 745           |           |       |                 |         | 745      |                |           |       |              | 745     |      |                | 745     |      |              | 745     |      |  | 745 |  |  |
| 800         |         |          | 800           |           |       |                 |         | 800      |                |           |       |              | 800     |      |                | 800     |      |              | 800     |      |  | 800 |  |  |
| 815         |         |          | 815           |           |       | 815             |         |          | 815            |           |       | 815          |         |      | 815            |         |      | 815          |         |      |  |     |  |  |
| 830         |         |          | 830           |           |       | 830             |         |          | 830            |           |       | 830          |         |      | 830            |         |      | 830          |         |      |  |     |  |  |
| 845         |         |          | 845           |           |       | 845             |         |          | 845            |           |       | 845          |         |      | 845            |         |      | 845          |         |      |  |     |  |  |
| 900         |         |          | 900           |           |       | 900             |         |          | 900            |           |       | 900          |         |      | 900            |         |      | 900          |         |      |  |     |  |  |
| 915         |         |          | 915           |           |       | 915             |         |          | 915            |           |       | 915          |         |      | 915            |         |      | 915          |         |      |  |     |  |  |
| 930         |         |          | 930           |           |       | 930             |         |          | 930            |           |       | 930          |         |      | 930            |         |      | 930          |         |      |  |     |  |  |
| 945         |         |          | 945           |           |       | 945             |         |          | 945            |           |       | 945          |         |      | 945            |         |      | 945          |         |      |  |     |  |  |
| 1000        |         |          | 1000          |           |       | 1000            |         |          | 1000           |           |       | 1000         |         |      | 1000           |         |      | 1000         |         |      |  |     |  |  |
| 1015        |         |          | 1015          |           |       | 1015            |         |          | 1015           |           |       | 1015         |         |      | 1015           |         |      | 1015         |         |      |  |     |  |  |
| 1030        |         |          | 1030          |           |       | 1030            |         |          | 1030           |           |       | 1030         |         |      | 1030           |         |      | 1030         |         |      |  |     |  |  |
| 1045        |         |          | 1045          |           |       | 1045            |         |          | 1045           |           |       | 1045         |         |      | 1045           |         |      | 1045         |         |      |  |     |  |  |
| 1100        |         |          | 1100          |           |       | 1100            |         |          | 1100           |           |       | 1100         |         |      | 1100           |         |      | 1100         |         |      |  |     |  |  |
| 1115        |         |          | 1115          |           |       | 1115            |         |          | 1115           |           |       | 1115         |         |      | 1115           |         |      | 1115         |         |      |  |     |  |  |
| 1130        |         |          | 1130          |           |       | 1130            |         |          | 1130           |           |       | 1130         |         |      | 1130           |         |      | 1130         |         |      |  |     |  |  |
| 1145        |         |          | 1145          |           |       | 1145            |         |          | 1145           |           |       | 1145         |         |      | 1145           |         |      | 1145         |         |      |  |     |  |  |
| 1200        |         |          | 1200          |           |       | 1200            |         |          | 1200           |           |       | 1200         |         |      | 1200           |         |      | 1200         |         |      |  |     |  |  |
| 1215        |         |          | 1215          |           |       | 1215            |         |          | 1215           |           |       | 1215         |         |      | 1215           |         |      | 1215         |         |      |  |     |  |  |
| 1230        |         |          | 1230          |           |       | 1230            |         |          | 1230           |           |       | 1230         |         |      | 1230           |         |      | 1230         |         |      |  |     |  |  |
| 1245        |         |          | 1245          |           |       | 1245            |         |          | 1245           |           |       | 1245         |         |      | 1245           |         |      | 1245         |         |      |  |     |  |  |
| 1300        |         |          | 1300          |           |       | 1300            |         |          | 1300           |           |       | 1300         |         |      | 1300           |         |      | 1300         |         |      |  |     |  |  |
| 1315        |         |          | 1315          |           |       | 1315            |         |          | 1315           |           |       | 1315         |         |      | 1315           |         |      | 1315         |         |      |  |     |  |  |
| 1330        |         |          | 1330          |           |       | 1330            |         |          | 1330           |           |       | 1330         |         |      | 1330           |         |      | 1330         |         |      |  |     |  |  |
| 1345        |         |          | 1345          |           |       | 1345            |         |          | 1345           |           |       | 1345         |         |      | 1345           |         |      | 1345         |         |      |  |     |  |  |
| 1400        |         |          | 1400          |           |       | 1400            |         |          | 1400           |           |       | 1400         |         |      | 1400           |         |      | 1400         |         |      |  |     |  |  |
| 1415        |         |          | 1415          |           |       | 1415            |         |          | 1415           |           |       | 1415         |         |      | 1415           |         |      | 1415         |         |      |  |     |  |  |
| 1430        |         |          | 1430          |           |       | 1430            |         |          | 1430           |           |       | 1430         |         |      | 1430           |         |      | 1430         |         |      |  |     |  |  |
| 1445        |         |          | 1445          |           |       | 1445            |         |          | 1445           |           |       | 1445         |         |      | 1445           |         |      | 1445         |         |      |  |     |  |  |
| 1500        |         |          | 1500          |           |       | 1500            |         |          | 1500           |           |       | 1500         |         |      | 1500           |         |      | 1500         |         |      |  |     |  |  |
| 1515        |         |          | 1515          |           |       | 1515            |         |          | 1515           |           |       | 1515         |         |      | 1515           |         |      | 1515         |         |      |  |     |  |  |
| 1530        |         |          | 1530          |           |       | 1530            |         |          | 1530           |           |       | 1530         |         |      | 1530           |         |      | 1530         |         |      |  |     |  |  |
| 1545        |         |          | 1545          |           |       | 1545            |         |          | 1545           |           |       | 1545         |         |      | 1545           |         |      | 1545         |         |      |  |     |  |  |
| 1600        |         |          | 1600          |           |       | 1600            |         |          | 1600           |           |       | 1600         |         |      | 1600           |         |      | 1600         |         |      |  |     |  |  |
| 1615        |         |          | 1615          |           |       | 1615            |         |          | 1615           |           |       | 1615         |         |      | 1615           |         |      | 1615         |         |      |  |     |  |  |
| 1630        | JAR21   | D22      | 1630          | JAR21     | D22   | 1630            | JAR21   | D22      | 1630           |           |       | 1630         |         |      | 1630           |         |      | 1630         |         |      |  |     |  |  |
| 1645        |         |          | 1645          |           |       | 1645            |         |          | 1645           |           |       | 1645         |         |      | 1645           |         |      | 1645         |         |      |  |     |  |  |
| 1700        |         |          | 1700          |           |       | 1700            |         |          | 1700           |           |       | 1700         |         |      | 1700           |         |      | 1700         |         |      |  |     |  |  |
| 1715        |         |          | 1715          |           |       | 1715            |         |          | 1715           |           |       | 1715         |         |      | 1715           |         |      | 1715         |         |      |  |     |  |  |
| 1730        |         |          | 1730          |           |       | 1730            |         |          | 1730           |           |       | 1730         |         |      | 1730           |         |      | 1730         |         |      |  |     |  |  |
| 1745        |         |          | 1745          |           |       | 1745            |         |          | 1745           |           |       | 1745         |         |      | 1745           |         |      | 1745         |         |      |  |     |  |  |
| 1800        |         |          | 1800          |           |       | 1800            |         |          | 1800           |           |       | 1800         |         |      | 1800           |         |      | 1800         |         |      |  |     |  |  |
| 1815        |         |          | 1815          |           |       | 1815            |         |          | 1815           |           |       | 1815         |         |      | 1815           |         |      | 1815         |         |      |  |     |  |  |
| 1830        |         |          | 1830          |           |       | 1830            |         |          | 1830           |           |       | 1830         |         |      | 1830           |         |      | 1830         |         |      |  |     |  |  |
| 1845        |         |          | 1845          |           |       | 1845            |         |          | 1845           |           |       | 1845         |         |      | 1845           |         |      | 1845         |         |      |  |     |  |  |
| 1900        |         |          | 1900          |           |       | 1900            |         |          | 1900           |           |       | 1900         |         |      | 1900           |         |      | 1900         |         |      |  |     |  |  |
| 1915        |         |          | 1915          |           |       | 1915            |         |          | 1915           |           |       | 1915         |         |      | 1915           |         |      | 1915         |         |      |  |     |  |  |
| 1930        |         |          | 1930          |           |       | 1930            |         |          | 1930           |           |       | 1930         |         |      | 1930           |         |      | 1930         |         |      |  |     |  |  |
| 1945        |         |          | 1945          |           |       | 1945            |         |          | 1945           |           |       | 1945         |         |      | 1945           |         |      | 1945         |         |      |  |     |  |  |
| 2000        |         |          | 2000          |           |       | 2000            |         |          | 2000           |           |       | 2000         |         |      | 2000           |         |      | 2000         |         |      |  |     |  |  |
| 2015        |         |          | 2015          |           |       | 2015            |         |          | 2015           |           |       | 2015         |         |      | 2015           |         |      | 2015         |         |      |  |     |  |  |
| 2030        |         |          | 2030          |           |       | 2030            |         |          | 2030           |           |       | 2030         |         |      | 2030           |         |      | 2030         |         |      |  |     |  |  |
| 2045        |         |          | 2045          |           |       | 2045            |         |          | 2045           |           |       | 2045         |         |      | 2045           |         |      | 2045         |         |      |  |     |  |  |
| 2100        |         |          | 2100          |           |       | 2100            |         |          | 2100           |           |       | 2100         |         |      | 2100           |         |      | 2100         |         |      |  |     |  |  |
| 2115        |         |          | 2115          |           |       | 2115            |         |          | 2115           |           |       | 2115         |         |      | 2115           |         |      | 2115         |         |      |  |     |  |  |
| 2130        |         |          | 2130          |           |       | 2130            |         |          | 2130           |           |       | 2130         |         |      | 2130           |         |      | 2130         |         |      |  |     |  |  |
| 2145        |         |          | 2145          |           |       | 2145            |         |          | 2145           |           |       | 2145         |         |      | 2145           |         |      | 2145         |         |      |  |     |  |  |
| 2200        |         |          | 2200          |           |       | 2200            |         |          | 2200           |           |       | 2200         |         |      | 2200           |         |      | 2200         |         |      |  |     |  |  |
| 2215        |         |          | 2215          |           |       | 2215            |         |          | 2215           |           |       | 2215         |         |      | 2215           |         |      | 2215         |         |      |  |     |  |  |
| 2230        |         |          | 2230          |           |       | 2230            |         |          | 2230           |           |       | 2230         |         |      | 2230           |         |      | 2230         |         |      |  |     |  |  |
| 2245        |         |          | 2245          |           |       | 2245            |         |          | 2245           |           |       | 2245         |         |      | 2245           |         |      | 2245         |         |      |  |     |  |  |