

THURSDAY

ESSEX RECREATION COMPLEX
Sept 14 to Oct 26

MORNING									
				Aquafit (25) 8:00-9:00					
				Energy Aquafit (25) 9:00-9:45					
				Energy Aquafit (25) 11:00-11:45					
				Adult Lengths 12:00-1:00					
	AFTERNOON								
EVENING									
	Preschool D 5:00-5:45 (17598)	Private Swim 5:00-5:30 (17776)	Private Swim 4:45-5:15 (17775)	Swimmer 1 5:00-5:45 (17612)	Swimmer 2 5:00-5:45 (17626)	Private Swim 4:30-5:00 (17773)	Private Swim 4:30-5:00 (17774)		
		Swimmer 6 5:30-6:15 (17663)	Swimmer 3 5:15-6:00 (17636)			Private Swim 5:00-5:30 (17777)	Private Swim 5:00-5:30 (17778)		
	Preschool C 5:45-6:30 (17589)		Parent-Tot Lv 1/2/3 6:00-6:30 (17558)	Preschool A 5:45-6:30 (17569)	Spin (12) 5:45-6:30	Private Swim 5:30-6:00 (17779)	Private Swim 5:30-6:00 (17780)		
		Swimmer 5 6:15-7:00 (17656)	Swimmer 1/2 6:30-7:15 (17618)	Swimmer 4 6:30-7:15 (17647)		Private Swim 6:00-6:30 (17781)	Private Swim 6:00-6:30 (17782)		
	Preschool B 6:30-7:15 (17580)				Private Swim 6:45-7:15 (17785)	Private Swim 6:30-7:00 (17783)	Private Swim 6:30-7:00 (17784)		
		Energy Aquafit (12) 7:15-8:00				Private Swim 7:00-7:30 (17786)	Private Swim 7:00-7:30 (17787)		
					Swim & Lifesaving 7:15-8:15 (17694)				

**National
Lifeguard
Sept 14-Nov 16**

Revised Date (Aug 10)