WEDNESDAY

ESSEX RECREATION COMPLEX
Sept 13 to Oct 25

MORNING			Adult Lengths 6:30-8:30					
		Parent-Tot Lv 1/2/3 9:30-10:00 (17557)		Cardio Aquafit (25) 9:30-10:00				
		Preschool C/D 10:00-10:45 (17595)		Aquafit (25) 10:00-10:45				
		Leisure Swim 11:00-11:45		Energy Aquafit (25) 11:00-11:45				
AFTERNOON				Adult Lengths 1:00-2:30				
				Spin (12) 4:15-5:00				
EVENING	Preschool A 4:45-5:30 (17568)	Private Swim 5:00-5:30 (17763)	Swimmer 5 5:00-5:45 (17655)	Parent-Tot Lv 1 5:15-5:45 (17552)	Swimmer 1 5:00-5:45 (17610)	Private Swim 4:30-5:00 (17762) Preschool E 5:00-5:45 (17603)	Swimmer 4 4:45-5:30 (17646)	Assistant Instructors 5:00-8:30 (17695) *Sept 20-Oct 11*
	Swimmer 3 5:30-6:15 (17635)	Private Swim 5:30-6:00 (17764)	Swimmer 2 5:45-6:30 (17624)	Parent-Tot Lv 2/3 5:45-6:15 (17562)	Preschool B 5:45-6:30 (17579)	Swimmer 6 5:45-6:30 (17662)	Private Swim 5:30-6:00 (17765)	
	Preschool D 6:15-7:00 (17597)	Private Swim 6:00-6:30 (17766)		Swimmer 1 6:15-7:00 (17611)			Private Swim 6:00-6:30 (17767)	
		Private Swim 6:30-7:00 (17768)	Preschool C 6:30-7:15 (17588)		Private Swim 6:30-7:00 (17770)	Swimmer 3/4 6:30-7:15 (17642)	Private Swim 6:30-7:00 (17769)	
	Swimmer 2 7:00-7:45 (17625)	Can. Swim Patrol 7:00-8:00 (17667)	Private Swim 7:30-8:00 (17772)	Leisure Swim 7:15-8:00	Energy Aquafit (12) 7:15-8:00		Private Swim 7:00-7:30 (17771)	
					Adult Lengths 8:00-9:30			

MAEDEL C.C.
Sept 13-Oct 25

Pickleball 3:00-4:30
Pre All Sorts-Sports 4:45-5:15 (17678)
Basketball Lv 1 5:15-5:45 (17679)
Basketball Lv 2 5:45-6:30 (17681)
Basketball Lv 4 6:30-7:30 (17681)
Volleyball 8:00-9:00 (17682)

Revised Date (Aug 10)