



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00AM LAP & POOL FIT	5:00-9:00AM LAP & POOL FIT	5:00-6:00AM LAP & POOL FIT	5:00-9:00AM LAP & POOL FIT	5:00-9:00AM LAP & POOL FIT	5:00-9:00AM LAP & POOL FIT	8:00-3:30PM LAP & FAMILY SWIM
6:00-7:30AM TDHS SWIM 		6:00-7:30AM TDHS SWIM 				
7:30-10:00AM LAP & POOL FIT		7:30-10:00AM LAP & POOL FIT				
9:00-10:00AM ENERGIZER aqua fit class w/ Carol 	9:00-10:00AM DEEP WATER aqua fit class w/ Carol 	9:00-10:00AM LAP & POOL FIT	9:00-10:00AM DEEP WATER aqua fit class w/ Carol 	9:00-10:00AM HYDRO DANCE aqua fit class w/ Jessica 	11:30-3:00PM LESSONS, LAP & FAMILY SWIM	
10:20-11:05AM SILVER SPLASH aqua fit class w/ Carol 	10:20-11:05AM SILVER SPLASH aqua fit class w/ Carol 	10:20-11:05AM SILVER SPLASH aqua fit class w/ Carol 	10:20-11:05AM SILVER SPLASH aqua fit class w/ Carol 	10:00-5:50PM LESSONS, LAP & FAMILY SWIM		
11:05-4:00PM LESSONS, LAP & FAMILY SWIM	11:05-6:00PM LESSONS, LAP & FAMILY SWIM	11:05-4:00PM LESSONS, LAP & FAMILY SWIM	11:05-6:00PM LESSONS, LAP & FAMILY SWIM	4:00-5:30AM TDHS SWIM 	3:00-4:30PM* LAP & FAMILY SWIM  *PRIVATE PARTIES MAY BE SCHEDULED; PLEASE CHECK WITH CLUB FOR POOL CLOSURES.	
4:00-5:30PM TDST SWIM 	6:00-7:00PM AQUA ENERGIZER aqua fit class w/ Jessica 	4:00-5:30PM TDST SWIM 	6:00-7:15PM LAP & FAMILY SWIM	5:30-8:00PM LAP & FAMILY SWIM		
5:30-9:00PM LAP & FAMILY SWIM	7:15-8:45PM TDHS SWIM 	5:30-9:00PM LAP & FAMILY SWIM	7:15-8:45PM TDHS SWIM 			

TDFCC • 731 POMONA ST. THE DALLES, OR 97058 • 541-298-8508

 = LAP LANE IS OPEN DURING ALL CLASSES

ALL PERSONS SHALL TAKE A CLEANSING SHOWER BEFORE ENTERING THE POOL  
PERSONS UNDER 16 MUST HAVE DIRECT ADULT SUPERVISION.

\*PRIVATE WIBIT/POOL PARTIES MAY BE SCHEDULED. PLEASE CHECK WITH CLUB FOR POOL CLOSURES.