



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:30AM TDHS SWIM		6:00-7:30AM TDHS SWIM			
9:00-10:00AM ENERGIZER Carol	9:00-10:00AM DEEP WATER Carol	9:00-10:00AM AQUA BARRE Jessica	9:00-10:00AM DEEP WATER Carol	9:00-10:00AM HYDRO DANCE Jessica	
10:20-11:05AM SILVER SPLASH Carol	10:20-11:05AM SILVER SPLASH Carol	10:20-11:05AM SILVER SPLASH Carol	10:20-11:05AM SILVER SPLASH Carol		
4:00-5:30PM TDST SWIM	5:00-6:00PM AQUA ENERGIZER Jessica	4:00-5:30PM TDST SWIM		4:00-5:30PM TDHS SWIM	
	7:15-8:45PM TDHS SWIM		7:15-8:45PM TDHS SWIM		

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

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