<table>
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<th>Monday</th>
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<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tr>
<td>5:00-9AM OPEN SWIM</td>
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<td>7:30-9AM OPEN SWIM</td>
<td>9AM-3:30PM OPEN SWIM</td>
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<tr>
<td>9-10AM* WATER IN MOTION JULIE</td>
<td>9-10AM* H2O BLAST JULIE</td>
<td>9-10AM* AQUA FIT JULIE</td>
<td>9-10AM* H2O BLAST CAROL</td>
<td>9-10AM* WATER IN MOTION JULIE</td>
<td>9-10AM* H2O BLAST JULIE</td>
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<td>10AM-5PM OPEN SWIM</td>
<td>10AM-5PM OPEN SWIM</td>
<td>10AM-5PM OPEN SWIM</td>
<td>10AM-5PM OPEN SWIM</td>
<td>12:30-7:45PM OPEN SWIM</td>
<td>10AM-12PM SWIM SCHOOL</td>
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<td>5-7PM SWIM SCHOOL LIMITED LAP LANES</td>
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**Sarasota City Branch**
**Effective: 11/6/2023**
**Indoor Lap Pool**
**Open Swim**

**Upcoming Swim School Sessions:**
Nov 27-Dec 23

*During group classes, between 1 to 6 lanes may be in use by the class. Lap lanes are limited.*
Aqua Fit
An intermediate high-energy class designed to burn calories and build strength using both shallow and deep ends of the pool.

Aqua Lite
This shallow water aerobic workout features big moves for big results. Enjoy a workout that flows with choreographed movement in this fun yet challenging aquatic fitness class.

Aqua Yoga
Focus is on alignment and posture while strengthening deep core muscles in the safe environment of the warm instructional pool water.

H2O
This intermediate, high energy class is designed for those who like a variety of cardiovascular, muscular, endurance and flexibility training. This class will help increase strength, balance, power and range of motion.

Phase 1
A lite low level shallow water class that takes place in the warm instructional pool. Great for those with Parkinsons or those in rehab. Feel the power as you gain balance and get energized with exercises geared toward balance, range of motion and strength training using water for resistance.

Phase 3
Specific strength and range of motion improvement for people with Arthritis, Parkinson’s, Rehab conditions and general aging challenges. Focus on memory, muscle and muscle memory recall.

Water In Motion
Water In Motion is a pre-choreographed, vertical exercise program that meets the cardiovascular and musculoskeletal training needs of aqua participants in under an hour.

Swim Lessons:
See SWIM LESSON flyer for dates, times, rates, & additional information.

QUESTIONS:
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