

**Del E Webb Wellness Center
Pool Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am-9:00am	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
9:00am	WaterWorks w/Laura (1-2) Lap Swim (3-6)	AquaJog w/Laura(1-2) Lap Swim (3-6)	WaterWorks w/Laura(1-2) Lap Swim (3-6)	AquaJog w/Laura(1-2) Lap Swim (3-6)	WaterWorks w/Laura (1-2) Lap Swim (3-6)
10:00am	Water Fit w/Laura (1-2) Lap Swim (3-6)	WaterWorks w/Laura (1-2) Lap Swim (3-6)	WaterFit w/Laura(1-2) Lap Swim (3-6)	WaterAerobics w/Laura(1-2) Lap Swim(3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
11:00am-12:00pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
12:00pm-1:00pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
1:00-3:30pm	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)	Family Swim(1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)
3:30p-4:15pm	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-4) Swim Neptunes (5-6)	Family Swim (1-2) Lap Swim (3-6)
4:15pm-6:00pm	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3) Swim Neptunes (4-6)	Family Swim (1-2) Lap Swim (3-6)
6:00pm-8:45pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)

	Saturday	Sunday
7:00am-11:00am	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)
11:00am-12:00pm	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)
12:00pm-3:00pm	Family Swim (1-2) Lap Swim (3-6)	Family Swim (1-2) Lap Swim (3-6)
3:00pm-4:45pm	Adult Open Exercise (1-2) Lap Swim (3-6)	Adult Open Exercise (1-2) Lap Swim (3-6)

(#'s) indicate lane assignments
schedule subject to change
without notice

updated 10/30/23

Weekly Lesson Planner

		8:00 - 8:45	8:45 - 9:30	9:30 - 10:15	10:30 - 11:30	11:30 - 12:00	Notes
MON	Jan 01	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
TUE	Jan 02	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
WED	Jan 03	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
THU	Jan 04	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
FRI	Jan 05	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						

Weekly Lesson Planner

		8:00 - 8:45	8:45 - 9:30	9:30 - 10:15	10:30 - 11:30	11:30 - 12:00	Notes
MON	Jan 01	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
TUE	Jan 02	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
WED	Jan 03	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
THU	Jan 04	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						
FRI	Jan 05	Reading	English	Spelling	Math	Science	
	Teacher						
	Topic						
	Material						
	Activities						