



**Joan & Harry A. Mier Center**  
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[www.abilityfirst.org](http://www.abilityfirst.org)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>7:30AM - 8:30AM</b> WATER EXERCISE	<b>7:30AM - 8:30AM</b> WATER EXERCISE	<b>7:30AM - 8:30AM</b> WATER EXERCISE	<b>7:30AM - 8:30AM</b> WATER EXERCISE	<b>7:30AM - 8:30AM</b> WATER EXERCISE
<b>8:30AM - 9:30AM</b> OPEN SWIM/ LAP SWIM	<b>8:30AM - 9:30AM</b> OPEN SWIM/ LAP SWIM	<b>8:30AM - 9:30AM</b> OPEN SWIM/ LAP SWIM	<b>8:30AM - 9:30AM</b> OPEN SWIM/ LAP SWIM	<b>8:30AM - 9:30AM</b> OPEN SWIM/ LAP SWIM
<b>9:30AM - 10:30AM</b> ADVANCED WATER EXERCISE	<b>9:30AM - 10:30AM</b> ADVANCED WATER EXERCISE	<b>9:30AM - 10:30AM</b> ADVANCED WATER EXERCISE	<b>9:30AM - 10:30AM</b> ADVANCED WATER EXERCISE	<b>9:30AM - 10:30AM</b> ADVANCED WATER EXERCISE
<b>10:30AM - 11:30AM</b> MOVE IT-OR- LOSE IT	<b>11:00AM - 1:00PM</b> CLOSED	<b>10:30AM - 11:30AM</b> MOVE IT-OR- LOSE IT	<b>11:00AM - 1:00PM</b> CLOSED	<b>10:30AM - 11:30AM</b> MOVE IT-OR- LOSE IT
<b>12:00PM - 2:00PM</b> CLOSED	<b>1:00PM - 2:00PM</b> MOVE IT-OR- LOSE IT	<b>12:00PM - 2:00PM</b> CLOSED	<b>1:00PM - 2:00PM</b> MOVE IT-OR- LOSE IT	<b>12:00PM - 2:00PM</b> CLOSED