

## AbilityFirst Long Beach Center Community Aquatics Program Schedule 3770 E Willow St, Long Beach CA 90815

Main Line: (562) 426-6161 Fax: (562) 426-6148

www.abilityfirst.org

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00	CLOSED	CLOSED	JCC- Private Rental	CLOSED	JCC- Private Rental	CLOSED
8:00-9:00	Water Ex II	Water Ex III	Water Ex II	Water Ex III	Water Ex II	Water Ex III
9:00-10:00	Water Ex I	Water Ex II	Water Ex I	Water Ex II	Water Ex I	Water Ex II
10:00-11:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
11:00-12:00	Water Ex II	Water Ex I	Water Ex II	Water Ex I	Water Ex II	CLOSED
12:00-1:00	Water Ex III	Water Ex III	Water Ex III	Water Ex III	Water Ex III	CLOSED

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-2:00	AOT-Private Rental	AOT-Private Rental	AOT-Private Rental	AOT-Private Rental	AOT-Private Rental	CLOSED
2:00-3:00	COC-Private Rental	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED
3:00-5:00	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	ASP Participant Aquatics Program	CLOSED
5:30-6:30	Water Ex III	Water Ex III	Water Ex III	Water Ex III	Water Ex III	CLOSED
6:30-7:30	JCC- Private Rental	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

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