

Joan & Harry A. Mier Center 8090 Crenshaw Blvd, Inglewood CA 90815 (323) 753-3101 * FAX (323) 753-5472 www.abilityfirst.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM - 10:00AM				
ADVANCED WATER EXERCISE	OPEN SWIM	ADVANCED WATER EXERCISE	OPEN SWIM	ADVANCED WATER EXERCISE
10:00AM - 11:00AM				
MOVE IT-OR- LOSE IT	ADVANCED WATER EXERCISE	MOVE IT-OR- LOSE IT	ADVANCED WATER EXERCISE	MOVE IT-OR- LOSE IT
11:00AM - 12:00PM	11:00AM - 2:00PM	11:00AM - 12:00PM	11:00AM - 2:00PM	11:00AM -12:00PM
OPEN SWIM	CLOSED	OPEN SWIM	CLOSED	OPEN SWIM
4:00PM - 5:00PM	2:00PM - 3:00PM	4:00PM - 5:00PM	2:00PM - 3:00PM	12:00PM - 5:00PM
OPEN SWIM	MOVE IT-OR- LOSE IT	OPEN SWIM	MOVE IT-OR- LOSE IT	CLOSED