



# MAY 2025

## FAMILY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:30- 9:15 AM <b>S'WET DEEP DARE</b>	7:15-7:45 AM <b>BREATHE IN THE MORNING MARY</b>	
8:30- 9:25 AM <b>S'WET JILL</b>		8:30-9:15 AM <b>CARDIO SPLASH 45 JOY</b>			8:00-8:55 AM <b>S'WET BOOTCAMP MARY</b>	
	8:30- 9:25 AM <b>S'WET JILL</b>		8:30-9:15 AM <b>POWER WAVES JOY</b>	11:00 - 11:55 AM <b>AQUA FIT ANTIONETTE</b>		
10:00 -10:55 AM <b>AQUA FIT JOY</b>		10:00 -10:55 AM <b>AQUA FIT JOY</b>			10:00 - 10:55 AM <b>AQUA FIT MARY</b>	
				<b>ANNOUNCEMENTS</b>		
			6:00 - 6:55 PM <b>POWER WAVES JOY</b>	<p><b>POWER PILATES H2O - Pilates exercises adapted for the pool.</b>  <b>For info, contact Dare at <a href="mailto:dkelley@claremontclub.com">dkelley@claremontclub.com</a>.</b></p>		
				<p><b><u>S'WET INSTRUCTOR TRAINING WORKSHOPS</u></b>  <b>MAY 17</b>  <b>12:30pm-1:30pm and 2:00pm-3:00pm</b>  <b>MAY 18</b>  <b>11:15am - 12:45pm and 3:15pm to 4:45pm</b></p>		

**NO RECREATIONAL SWIMMING DURING SCHEDULED GROUP FITNESS CLASSES REGISTER FOR CLASSES ON TCC APP**