# NOVEMBER 2026

## FAMILY POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 8:30 - 9:25 AM<br>S'WET<br>JILL | | 8:30 - 9:25 AM<br>CARDIO SPLASH<br>JOY | | 8:30-9:25 AM *NEW!*<br>CARDIO SPLASH CIRCUIT<br>JESSICA | | |
| | 9:30 - 10:25 AM<br>S'WET<br>DARE | | 9:30 - 10:25 AM<br>POWER WAVES<br>JOY | | 8:00 - 8:55 AM<br>AQUA BOOTCAMP<br>MARY | |
| 10:00 - 10:55 AM<br>AQUA FIT<br>LINDA | | 10:00 - 10:55 AM<br>AQUA FIT<br>LINDA | | 10:00 - 10:55 AM<br>AQUA FIT<br>LINDA | 10:00 - 10:55 AM<br>AQUA FIT<br>LINDA | |
| | | | 11:00-11:55 AM<br>AQUA BALANCE & STRENGTH<br>JOY | | | |
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| | | | 6:00 - 6:55 PM<br>POWER WAVES<br>JOY | | | |

### ANNOUNCEMENTS

**REGISTER FOR CLASSES ON THE TCC APP**

Contact Group Exercise Director Antionette Mara - **amara@claremontclub.com** for all questions

# NO RECREATIONAL SWIMMING DURING SCHEDULED GROUP FITNESS CLASSES