

Milpitas Sports Center Aquatics Program Schedule

Day/Time	Class	Instructor
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Monday

6:45-7:45am	Water Exercise	Kellie
4:30-5:30pm	Rusty Hinges	Janet
5:30-6:00pm	Arthritis Aquatics	Janet
6:00-7:00pm	Water Exercise	Janet

Tuesday

6:00-7:00pm	Water Exercise	Janet
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Wednesday

6:45-7:45am	Water Exercise	Kellie
4:30-5:30pm	Rusty Hinges	Janet
5:30-6:00pm	Arthritis Aquatics	Janet
6:00-7:00pm	Water Exercise	Janet

Thursday

5:00-6:00pm	Rusty Hinges	Janet
6:00-7:00pm	Water Exercise	Janet

Friday

6:45-7:45am	Water Exercise	Kellie
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Saturday

9:15-10:15am	Water Exercise	Kellie
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Lap Swimming

Morning	6:00-8:00am	M/W/F
	9:00am-12:00pm (Meter Pool)	Sat.
	10:15am-12:00pm (Yard Pool)	Sat.

Afternoon	11:30am-1:30pm	M/W/F
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Evening	6:00-8:00pm (Meter Pool)	M-Th
	7:00-8:00pm (Yard Pool)	