

Milpitas Sports Center Aquatics Program Schedule

| Day/Time | Class | Instructor |
|------------------|--------------------|------------|
| Monday | | |
| 6:45am - 7:45am | Water Exercise | Kellie |
| 4:30pm - 5:30pm | Rusty Hinges | Janet |
| 5:30pm - 6:00pm | Arthritis Aquatics | Janet |
| 6:00pm - 7:00pm | Water Exercise | Janet |
| Tuesday | | |
| 6:00pm - 7:00pm | Water Exercise | Janet |
| Wednesday | | |
| 6:45am - 7:45am | Water Exercise | Kellie |
| 4:30pm - 5:30pm | Rusty Hinges | Janet |
| 5:30pm - 6:00pm | Arthritis Aquatics | Janet |
| 6:00pm - 7:00pm | Water Exercise | Janet |
| Thursday | | |
| 5:00pm - 6:00pm | Rusty Hinges | Janet |
| 6:00pm - 7:00pm | Water Exercise | Janet |
| Friday | | |
| 6:45am - 7:45am | Water Exercise | Kellie |
| Saturday | | |
| 9:15am - 10:15am | Water Exercise | Kellie |

Lap Swimming

| | | |
|------------------|---------------------------------|--------|
| Morning | 6:00am - 8:00am | M/W/F |
| | 9:00am - 12:00pm (Meter Pool) | Sat |
| | 10:15am - 12:00pm (Yard Pool) | Sat |
| Afternoon | 11:30am - 1:30pm (Meter & Yard) | M/W/F |
| Evening | 6:00pm - 8:00pm (Meter Pool) | M - Th |
| | 7:00pm - 8:00pm (Yard Pool) | M - Th |