

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
1 **Pool Closed	2 **Pool Closed *Labor Day Hrs: 7-2pm ***Open climb from 11-1pm	3 *(\$ G. Yoga, Tuesdays, starting 9/3 @1:30pm ** (\$)Axial Dance 5:30-7:45 Tuesdays (Xergym) ***New Fall schedule for Aqua/Hydrofit class 8pm to 9pm **NCAP SWIM TEAM PRACTICE RESUMES	4 ***NCAP SWIM TEAM PRACTICE RESUMES	5 ****New Fall schedule for Aqua/Hydrofit class 8 to 9pm ***NCAP SWIM TEAM PRACTICE RESUMES	6 ***NCAP SWIM TEAM PRACTICE RESUMES **Hip Hop every Friday, 4:45-5:55	7 *(\$)AXIAL Dance, Saturdays, 10:00-3:30 ***NCAP SWIM TEAM PRACTICE RESUMES																																																																																																	
8 ***NCAP SWIM TEAM PRACTICE RESUMES	9 **(\$)Line Dance Mondays, starting on 9/9 @7:30pm ****New Fall schedule for Aqua/Hydrofit class 8pm to 9pm **Axial Dance, Mondays 4:45-8pm	10 ****New Fall schedule for Aqua/Hydrofit class 8 to 9pm FREE Group Fitness Buddy Day	11 *(\$)Tai Chi, Wednesdays, starting 9/11 @6:45pm **Muscle of the Month: Back @7pm	12	13	14																																																																																																	
15 Massage Discount, 15% to members, 10% to non-members	16 Massage Discount, 15% to members, 10% to non-members	17 **Muscle of the Month: Back @11am Massage Discount, 15% to members, 10% to non-members	18 FREE Weight Room Buddy Day Massage Discount, 15% to members, 10% to non-members	19 FREE Hydrofit class Massage Discount, 15% to members, 10% to non-members	20 Massage Discount, 15% to members, 10% to non-members	21 Kid's Night Out, 4 to 8 Massage Discount, 15% to members, 10% to non-members																																																																																																	
22	23 1st day of Monday Swim Classes (No class on 10/14)	24 1st day of Tuesday Swim Classes	25	26 1st day of Thursday swim classes (No class on 10/31)	27	28 1st day of Saturday Swim Classes (No class on 10/12)																																																																																																	
29 **1st day of Stroke School *1st day of Sunday Swim Classes (No class on 10/13)	30	<table border="1"> <thead> <tr> <th colspan="7">Aug 2019</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>		Aug 2019							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<table border="1"> <thead> <tr> <th colspan="7">Oct 2019</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </table>		Oct 2019							S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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