

# MERIDIAN BODIES AND MOTION AT PARK LABREA

*Swim Club 5801 W. 6<sup>th</sup> Street Los Angeles California 90036 (323) 954-1100*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Class schedules are subject to change. For information please contact the pool at: 323-954-1100. Pool Closes 10pm daily. Open swim available all hours of operation except during Masters Swimming and Junior Swim team. Lanes must be shared during busy times. <u>No Lifeguard on Duty Swim at your own risk!</u> Parents please watch your children at all times. Pool closes at 10pm daily.</b></p>						
<b><u>8:00 am</u></b> <b><u>Pool Opens</u></b>	<b><u>6:00 am</u></b> <b><u>Pool Opens</u></b>	<b><u>6:00 am</u></b> <b><u>Pool Opens</u></b>	<b><u>6:00 am</u></b> <b><u>Pool Opens</u></b>	<b><u>6:00 am</u></b> <b><u>Pool Opens</u></b>	<b><u>6:00 am</u></b> <b><u>Pool Opens</u></b>	7:00-8:30am <i>Masters Swimming</i> ( lap pool closed )
		6:30-8:00am <i>Masters Swimming</i> ( lap pool closed )		6:30-8:00am <i>Masters Swimming</i> ( lap pool closed )		<b>8:00 am</b> <b>Pool Opens</b>
	8:30-9:30am <i>Poolside Yoga</i> <i>Stephanie</i>		8:30-9:30am <i>Poolside Yoga</i> <i>Calvin</i>		8:30-9:30am <i>Poolside Yoga</i> <i>Petula</i>	9:00-10:00am <i>Aqua Aerobics</i> <i>Maruca</i>  ( open pool )
	9:00-10:00am <i>Aqua Aerobics</i> <i>Tracy</i> (open pool)	4:30pm- 5:30pm <i>Junior Swim Team</i> <i>Vanessa</i> ( lap pool limited )	9:00-10:00am <i>AQUA ZUMBA</i> <i>Maruca</i> ( open pool )	4:30pm- 5:30pm <i>Junior Swim Team</i> <i>Vanessa</i> ( lap pool limited )	9:00-10:00am <i>Senior Splash</i> <i>Maruca</i> ( open pool )	
<b><u>Family hours</u></b> 10:00-5:30pm	<b><u>Family hours</u></b> 10:00-5:30pm	<b><u>Family hours</u></b> 10:00-6:00pm 7:00pm- 8:00pm <i>Aqua Aerobics</i> <i>Martha Ellen</i>	<b><u>Family hours</u></b> 10:00-5:30pm	<b><u>Family hours</u></b> 10:00-6:00pm	<b><u>Family hours</u></b> 10:00-5:30pm	<b><u>Family hours</u></b> 10:00-5:30pm
			7:00-8:00pm <i>Senior Splash</i> <i>Maruca</i> ( open pool )			