

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Fitness Swim 7:00 - 8:50 AM	Intro to Coached Swim 7:15 - 8:15 AM	Fitness Swim 7:00 - 8:50 AM	Fitness Swim 7:00 - 8:50 AM	Intro to Coached Swim 7:15 - 8:15 AM	Intro to Coached Swim 7:15 - 8:15 AM	Fitness Swim 7:00 - 8:50 AM	Fitness Swim 7:00 - 8:50 AM	Fitness Swim 7:00 - 9:50 AM	AQUATIC PROGRAMS WEEK AT A GLANCE OCT 3, 2024 - DEC 3, 2024 Recreation, Athletics & Wellness		
		Standup Paddleboard 9:00 - 9:50 AM			Standup Paddleboard 9:00 - 9:50 AM	Learn to Swim Student Only 11:00 AM - 12:00 PM		WO: Fitness Swim 10:00 - 11:50 AM	WO: Learn to Swim Student Only 10:00 - 11:00 AM		
Fitness Swim 11:00 AM - 2:00 PM	Fitness Swim 11:00 AM - 2:00 PM	Fitness Swim 11:00 AM - 2:00 PM	Indigenous Learn to Swim 12:00 - 12:50 PM	Fitness Swim 11:00 AM - 2:00 PM	BIPOC Learn to Swim 12:00 - 12:50 PM	Fitness Swim 11:00 AM - 2:00 PM	H2O Paddleboard Core 1:00 - 1:45 PM	Fitness Swim 12:00 - 2:00 PM		Coached Swim 10:00 - 11:30 AM	Fitness Swim 11:30 AM - 1:00 PM
Stroke Development 12:00 - 1:00 PM		Stroke Development 12:00 - 1:00 PM		Registered Swimming Lessons 4:00 PM - 9:45 PM				Fitness Swim 12:00 - 2:00 PM		Fitness Swim 1:50 - 4:30 PM	Stroke Development 12:00 - 1:00 PM
Fitness Swim 4:00 - 5:50 PM	BIPOC Learn to Swim 4:00 - 4:50 PM	Fitness Swim 4:00 - 5:50 PM	Learn to Swim Students Only 4:15 - 5:00 PM	2SLGBTQ+ Solidarity 4:00 - 5:00 PM		Fitness Swim 4:00 - 5:50 PM		Fitness Swim 4:00 - 5:50 PM		Fun Swim 1:30 - 4:30 PM	
H2O Bootcamp 5:00 - 5:50 PM		Indigenous Learn to Swim 5:00 - 5:50 PM		Registered Swimming Lessons 4:00 PM - 9:45 PM		Fitness Swim 5:00 - 8:00 PM		Standup Paddleboard 6:00 - 6:50 PM		LEGEND	
WO: Fitness Swim 6:00 - 9:45 PM		Standup Paddleboard 6:00 - 6:50 PM	Lifeguard Sport 7:00 - 8:00 PM		Fitness Swim 5:00 - 8:00 PM		Sports, Games & Play 7:00 - 9:30 PM		= Women's Only		Schedule subject to change. To view the most up-to-date schedule, learn more about each class, and reserve your spot, visit uoft.me/utmaquatics
Fitness Swim 8:15 - 9:45 PM	Coached Swim 8:15 - 9:45 PM	Fitness Swim 8:15 - 9:45 PM	Coached Swim 8:15 - 9:45 PM	Fitness Swim 8:15 - 9:45 PM		Coached Swim 8:15 - 9:45 PM		= Inclusive Recreation			