



57121 Sunnyslope Dr., Yucca Valley
(760) 365-9661

POOL SCHEDULE

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Kathy Dougan	7 AM <i>Advanced Aerobics</i> Wanda Stadum	7 AM <i>Advanced Aerobics</i> Wanda Stadum
8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Kathy Dougan
9 AM <i>Yoga in the Water</i> Kathy Dougan	9 AM <i>Aerobics for All</i> Kari Smith	9 AM <i>Active Warm Water</i> Scot McKone	9 AM <i>Active Warm Water</i> Kathy Dougan	9 AM <i>Yoga in the Water</i> Kathy Dougan
10 AM <i>Freestyle</i> Kathy Dougan	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Basic Warm Water</i> Kathy Breslin	10 AM <i>Intermediate Aerobics</i> Eve Vykydal	10 AM <i>Intro to Warm Water</i> Tommy Dodson
11 AM <i>Aerobics</i> Tommy Dodson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Active Warm Water</i> Donna Thomlinson	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Active Warm Water</i> Donna Thomlinson
12 PM <i>Liquid Dance</i> Neysa Griffith	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 – 1:30 PM <i>Liquid Dance</i> Neysa Griffith	12 PM <i>Basic Warm Water</i> Joyce Johnson	12 PM <i>Aqua Yogix</i> Neysa Griffith
1 PM <i>Active Warm Water</i> Terri Medford	1 PM <i>Aerobics for All</i> Kari Smith	1:30 <i>Volleyball for Fun</i> Karen Ford	1 PM <i>Aerobics</i> Tommy Dodson	1:00 PM <i>Active Warm Water</i> Terri Medford
	6:00-8:00 PM <i>Active Adult Volleyball</i> Michal Brock			5:30 PM <i>Active Adult Volleyball</i> Michal Brock

**THE POOL WILL RE-OPEN ON
MONDAY JANUARY 8, 2024**

OUR HOURS ARE MON-FRI 8am to 2:30pm



****Schedule is subject to change****