





# September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1  September	2 
3	4 <u>Labor Day—</u> <u>Wellness Center</u> <u>Closed</u>	5	6	7	8	9
10	11 Crossbata 5:30— 6:30pm	12 Evening Spinning 5:30-6:16	13 Crossbata 5:30— 6:30pm	14 Evening Spinning 5:30-6:16	15	16
17 Palo Alto County Youth Free Day!!!	18 Crossbata 5:30— 6:30pm	19 Convocation—gym closed until 3pm Evening Spinning 5:30-6:16	20 Crossbata 5:30— 6:30pm	21 Evening Spinning 5:30-6:16	22 	23
24 	25 Crossbata 5:30— 6:30pm	26 Evening Spinning 5:30-6:16	27 Crossbata 5:30— 6:30pm	28 Evening Spinning 5:30-6:16	29	30

Smith Wellness Center hours are:  
 M-F 5:30am—8:00pm ( Pool Hours 6:00am—7:50pm)  
 Sat 8:am-6pm (Pool Hours 8:30am—5:50pm)  
 Sun 1pm-5pm (Pool Hours 1:30-4:50pm)

Please call the Wellness Center for current updates  
 712-852-5311

# September 2017 Pool

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 AM Water Aerobics 9:00-9:50am	29	30 AM Water Aerobics 9:00-9:50am HS Practice 4-5pm	31	1 AM Water Aerobics 9:00-9:50am	2
3	4 <u>Labor Day—</u> <u>Wellness Center</u> <u>Closed</u>	5	6 AM Water Aerobics 9:00-9:50am HS Practice 1:45-3pm	7	8 AM Water Aerobics 9:00-9:50am	9
10	11 AM Water Aerobics 9:00-9:50am	12	13 AM Water Aerobics 9:00-9:50am	14	15 AM Water Aerobics 9:00-9:50am Iowa Lakes Practice 2:30-4:30pm	16 IA Lakes Practice 11:15am—1:15pm
17	18 IA Lakes Practice 5:30am-7:30am AM Water Aerobics 9:00-9:50am Iowa Lakes Practice 2:30-4:30pm Iowa Lakes Dive Practice 4:30-6:30pm	19 HS Swim Team 5:45—7pm IA Lakes Practice 2:30-4:30pm	20 AM Water Aerobics 9:00-9:50am HS Practice 1:45-3pm Iowa Lakes Practice 2:30-4:30pm IA Lakes Dive Prac- tice 4:30-6:30pm	21 Iowa Lakes Practice 2:30-4:30pm	22 IA Lakes Practice 5:30am-7:30am AM Water Aerobics 9:00-9:50am Iowa Lakes Practice 2:30-4:30pm IA Lakes Dive Prac- tice:TBA	23 IA Lakes Swim Team Practice 10:45-12:45pm
24	25 IA Lakes Practice 5:30am-7:30am AM Water Aerobics 9:00-9:50am Iowa Lakes Practice 2:30-4:30pm HS Swim Practice 4:30-6:30pm	26 IA Lakes Practice 2:30-4:30pm	27 AM Water Aerobics 9:00-9:50am Iowa Lakes Practice 2:30-4:30pm IA Lakes Dive Prac- tice 4:30-6:30pm	28 Iowa Lakes Practice 2:30-4:30pm IA Lakes Dive Prac- tice 4:30-6:30pm	29 IA Lakes Practice 5:30am-7:30am AM Water Aerobics 9:00-9:50am Iowa Lakes Practice 2:30-4:30pm IA Lakes Dive Prac- tice:TBA	30 IA Lakes Swim Team 10:45am-12:45pm