

January 2017

Balboa - MASP On-Site Coordinators:

Chris Chandler | 760-672-3884

Scott Sutton | 619-920-1062

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Federal Holiday	Swim Workout Beginner Swim Aquatic Healthy Back Run Clinic Adaptive Powerlifting	Meditation Swim Workout Sessions 1 & 2 Salsa Dance Clinic	Swim Workout 1:1 Music Therapy	Swim Workout	
8	9	10	11	12	13	14
	Tennis Qi Gong Art Therapy	Swim Workout Beginner Swim Aquatic Healthy Back Air Shooting Sessions 1 & 2 Yoga Run Clinic Healthy Cooking Adaptive Powerlifting	Meditation Swim Workout Sessions 1 & 2 Salsa Dance Clinic Adaptive Cross Fit	Swim Workout 1:1 Music Therapy Yoga Service Dog Education Music Therapy Yoga (Happy Back)	Swim Workout Nutrition & Mobility	
15	16	17	18	19	20	21
	MLK Day	Swim Workout Beginner Swim Aquatic Healthy Back Air Shooting Sessions 1 & 2 Yoga Run Clinic Adaptive Powerlifting	Meditation Swim Workout Sessions 1 & 2 Salsa Dance Clinic Adaptive Cross Fit	Swim Workout 1:1 Music Therapy Beach Yoga Service Dog Education Music Therapy Yoga & Yoga (Happy Back)	Swim Workout Nutrition & Mobility	
22	23	24	25	26	27	28
Vail Veterans Family Ski Weekend	Tennis Art Therapy Vail Veterans Family Ski Weekend	Swim Workout & Beginner Swim Kayak on the Bay Aquatic Healthy Back Air Shooting Sessions 1 & 2 Yoga Run Clinic Healthy Cooking Adaptive Powerlifting Vail Veterans Family Ski Weekend	Meditation Swim Workout Sessions 1 & 2 Salsa Dance Clinic Adaptive Cross Fit Vail Veterans Family Ski Weeke	Swim Workout 1:1 Music Therapy Beach Yoga Yoga & Yoga (Happy Back) Music Therapy Vail Veterans Family Ski Weekend	Swim Workout Nutrition & Mobility	
29	30	31				
	Qi Gong Art Therapy	Swim Workout Beginner Swim Aquatic Healthy Back Air Shooting Sessions 1 & 2 Yoga Run Clinic Healthy Cooking Adaptive Powerlifting				