

Aquatic Class Schedule

MON	TUE	WED	THU	FRI
<p>8:00 - 9:00 am Open Swim/ Water Walking</p>	<p>8:00 - 9:00 am Open Swim/ Water Walking</p>	<p>8:00 - 8:45 am Open Swim/ Water Walking</p>	<p>All Day CLOSED</p>	<p>8:00 - 9:00 am Open Swim/ Water Walking</p>
<p>9:00 - 11:00 am Lap Swim</p>	<p>9:00 - 9:45 am Power Aquatics</p>	<p>10:15 - 11:00 am Open Swim/ Water Walking</p>		<p>9:00 - 10:00 am Lap Swim</p>
<p>11:00 am - 12:00 noon Resist the Tide</p>	<p>10:00 - 11:00 am Open Swim/ Water Walking</p>	<p>11:00 am - 12:00 noon Lap Swim</p>		<p>10:00 - 10:45 am Resist the Tide</p>
<p>1:00 - 1:45 pm Aqua Yoga</p>	<p>11:00 - 12:00 noon Lap Swim</p>	<p>1:00 - 1:45 pm Aquacize & Balance</p>		<p>11:00 am - 12:00 noon Lap Swim</p>
<p>2:00 - 4:00 pm Open Swim/ Water Walking</p>	<p>1:00 pm - 2:00 pm Lap Swim</p>	<p>2:00 - 4:00 pm Open Swim/ Water Walking</p>		<p>1:00 - 2:00 pm Open Swim/ Water Walking</p>
	<p>2:00 - 4:00 pm Water Volleyball</p>			

- Independent Pool Time
- Instructor-Led Activities

- To ensure members' safety for both therapeutic and exercise uses, the pool temperature is set to 85-86 degrees Fahrenheit.