

Aquatic Class Schedule

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

- Independent Pool Time
- Instructor-Led Activities

24.0204