


Aquatic Class Schedule

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

-  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.