

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 - 11:45 am Lap Swim
1:00 - 1:45 pm Aqua Yoga	1:00 - 1:45 pm Lap Swim	1:00 - 1:45 pm Rhythm in Waves	1:00 - 1:45 pm Lap Swim	1:00 - 3:00 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

Please note the 15-minute transition time after each session. Kindly wait until the previous session has ended before entering the pool and exit promptly at the top of the hour if you are not staying for the next session.