# Aquatic Class Schedule

Messiah Lifeways Wellness

| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| 8:00 - 9:00 am<br>Open Swim/ Water Walking | 8:00 - 9:00 am<br>Open Swim/ Water Walking | 8:00 - 9:00 am<br>Open Swim/ Water Walking | 8:00 - 9:00 am<br>Open Swim/ Water Walking | 8:00 - 9:00 am<br>Open Swim/ Water Walking |
| 9:00 - 10:00 am<br>Lap Swim | 9:00 - 10:00 am<br>Aquacise | 9:00 - 10:00 am<br>Lap Swim | 9:00 - 10:00 am<br>Aquacise | 9:00 - 10:00 am<br>Hydro HIIT |
| 10:00 - 11:00 am<br>Hydro HIIT | 10:00 - 11:00 am<br>Lap Swim | 10:00 - 11:00 am<br>Aqua Balance & Mobility | 10:00 - 11:00 am<br>Lap Swim | 10:00 - 11:00 am<br>Lap Swim |
| 11:00 am - 12:00 noon<br>Lap Swim | 11:00 am - 12:00 noon<br>Open Swim/ Water Walking | 11:00 am - 12:00 noon<br>Lap Swim | 11:00 am - 12:00 noon<br>Open Swim/ Water Walking | 11:00 am - 12:00 noon<br>Lap Swim |
| 1:00 - 2:00 pm<br>Aqua Yoga | 1:00 - 2:00 pm<br>Lap Swim | 12:00 noon - 1:00 pm<br>Aquacise | 1:00 - 2:00 pm<br>Lap Swim | 12:00 noon - 1:00 pm<br>Aqua Balance & Mobility |
| 2:00 - 4:00 pm<br>Open Swim/ Water Walking | 2:00 - 4:00 pm<br>Water Volleyball | 1:00 - 4:00 pm<br>Open Swim/ Water Walking | 2:00 - 4:00 pm<br>Water Volleyball | 1:00 - 3:00 pm<br>Open Swim/ Water Walking |

Independent Pool Time

Instructor-Led Activities

Effective 10.21.26

*All pool sessions are scheduled in full 1-hour blocks. Lap swim ends at the top of the hour; class participants should not enter the pool until then. Likewise, lap swimmers should wait until the scheduled class time has fully ended, unless early entry is clearly approved.*