





# AQUATIC FITNESS SCHEDULE 2024

| TIME                                                                                                                     | MONDAY                                                                            | TUESDAY                                       | WEDNESDAY                         | THURSDAY                                      | FRIDAY                                                                              | SATURDAY                                                                            |  |
|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--|
| 5:00AM -7:30PM                                                                                                           | <b>Lap Swim</b>                                                                   | <b>Lap Swim</b>                               | <b>Lap Swim</b>                   | <b>Lap Swim</b>                               | <b>Lap Swim</b>                                                                     |  |  |
| 7:00-9:00AM                                                                                                              | <b>Therapy</b>                                                                    | <b>Therapy</b>                                | <b>Therapy</b>                    | <b>Therapy</b>                                | <b>Therapy</b>                                                                      |                                                                                     |  |
| 9:00 - 10:00 AM                                                                                                          | <b>AQUA MIX WITH REBECCA</b>                                                      | <b>AQUA TABATA WITH KARLA</b>                 | <b>DEEP H2O WITH JENNIE</b>       | <b>AQUA MIX WITH REBECCA</b>                  | <b>AQUA DANCE WITH ANN</b>                                                          |                                                                                     |  |
| 10:00 - 11:00 AM                                                                                                         | <b>AQUA SURPRISE WITH KARLA</b>                                                   | <b>AQUA ARTHRITIS WITH DEBORAH</b>            | <b>AQUA SURPRISE WITH KARLA</b>   | <b>AQUA ARTHRITIS WITH DEBORAH</b>            | <b>AQUA SURPRISE WITH KARLA</b>                                                     |                                                                                     |  |
| 11:00AM-12:00PM                                                                                                          | <b>AQUA ARTHRITIS WITH GINGER</b>                                                 | <b>AQUA ARTHRITIS WITH DEBORAH</b>            | <b>AQUA ARTHRITIS WITH GINGER</b> | <b>AQUA ARTHRITIS WITH DEBORAH</b>            | <b>AQUA ARTHRITIS WITH GINGER</b>                                                   |                                                                                     |  |
| 12:00 - 3:00 PM                                                                                                          | <b>Therapy</b>                                                                    | <b>Therapy</b>                                | <b>Therapy</b>                    | <b>Therapy</b>                                | <b>Therapy</b>                                                                      |                                                                                     |  |
| 3:00-7:45PM                                                                                                              |  | <b>FAMILY SWIM TIME</b>                       |                                   |                                               |                                                                                     |  |  |
| 5:30PM-6:30PM                                                                                                            |                                                                                   | <b>AQUA ARTHRITIS WITH Allen &amp; GINGER</b> |                                   | <b>AQUA ARTHRITIS WITH Allen &amp; GINGER</b> |  | <b>REVISED ON 2/12/24</b>                                                           |  |
| * Indicates an additional fee is required to participate in the class.                                                   |                                                                                   |                                               |                                   |                                               |                                                                                     |                                                                                     |  |
| ♦ Lap lane availability may vary due to special events. ♦ Family swim subject to availability other than time scheduled. |                                                                                   |                                               |                                   |                                               |                                                                                     |                                                                                     |  |
| ♦ Private swim lessons available at various times throughout the year.                                                   |                                                                                   |                                               |                                   |                                               |                                                                                     |                                                                                     |  |