





AQUATIC FITNESS SCHEDULE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00AM -7:45PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim (5AM-5:45PM)		
7:00-9:00AM	Therapy	Therapy	Therapy	Therapy	Therapy		
9:00 - 10:00 AM	AQUA MIX WITH REBECCA	AQUA TABATA WITH KARLA	DEEP H2O WITH JENNIE	AQUA MIX WITH REBECCA	AQUA DANCE WITH ANN		
10:00 - 11:00 AM	AQUA SURPRISE WITH KARLA	AQUA ARTHRITIS WITH DEBORAH	AQUA SURPRISE WITH KARLA	AQUA ARTHRITIS WITH DEBORAH	AQUA SURPRISE WITH KARLA		
11:00AM-12:00PM	AQUA ARTHRITIS WITH GINGER	AQUA ARTHRITIS WITH DEBORAH	AQUA ARTHRITIS WITH GINGER	AQUA ARTHRITIS WITH DEBORAH	AQUA ARTHRITIS WITH GINGER		
12:00 - 3:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy		
12:00-Close		FAMILY SWIM TIME					
						REVISED ON 1/1/26	
* 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.							