



**McDowell Wellness
Center**
A service of Ephraim McDowell Health

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	AQUA MIX WITH JENNY	AQUA MIX WITH REBECCA	AQUA DANCE WITH ANN	
10:00 - 11:00 AM	AQUA SURPRISE WITH KARLA		AQUA SURPRISE WITH KARLA		AQUA SURPRISE WITH KARLA	
11:00AM-12:00PM	AQUA ARTHRITIS WITH GINGER	AQUA ARTHRITIS WITH DEB	AQUA ARTHRITIS WITH GINGER	AQUA ARTHRITIS WITH DEB	AQUA ARTHRITIS WITH GINGER	
12:00 - 3:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy	
12:00-Close	 FAMILY SWIM TIME 					
6:45-7:45pm		*ROOKIE BOOT CAMP* WITH ANN (see front desk for more information)				REVISED ON 9/22/26

* 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.