

Aquatic Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 AM	Hydro Spin Hydro Fit 2		Hydro Spin Hydro Fit 2		Hydro Spin Hydro Fit 2		
8:00-9:00 AM						Hydro Spin	
9:00-10:00 AM	Aqua Aerobics	Hydro Yo Chi	Aqua Aerobics	Hydro Yo Chi	Aqua Aerobics		
10:00-11:00 AM	Senior Fluid Motion		Senior Fluid Motion	H2O Babies 10:30 – 11:00	Senior Fluid Motion	H2O Babies 10:30 – 11:00	
11:00-12:00 PM		Aquacize		Aquacize			
12:00-1:00 PM	Hydro Sculpt & Tone Hydro Fit 2	Hydro Fit 1	Hydro Sculpt & Tone Hydro Fit 2	Hydro Fit 1	Hydro Sculpt & Tone Hydro Fit 2		
1:00-2:00 PM							
2:00-3:00 PM	Aqua Yogalates		Aqua Yogalates		Aqua Yogalates		
3:00-4:00 PM							
4:00-5:00 PM							
5:00-6:00 PM	Pre & Post Natal		Pre & Post Natal				
6:00-7:00 PM	Hydro Spin	Hydro Spin	Hydro Spin	Hydro Spin	Hydro Spin		
7:00-8:00 PM	Hydro Fit 2	Aqua Aerobics H2O Alternative	Hydro Fit 2	Aqua Aerobics H2O Alternative	Hydro Fit 2		

The above Aquatics Class Schedule is effective beginning in December 2005. Although we anticipate active participation in all classes, this schedule is subject to change based on class sizes, demand and other factors.

Open Swim Hours:

Monday, Wednesday & Friday: 8:00-11:00 am • 2:00-4:00 pm • 8:00-9:00 pm
Tuesday & Thursday: 7:00-9:00 am • 1:00-6:00 pm • 8:00-9:00 pm
Saturday: 7:00-8:00 am • 12:00-6:00 pm
Sunday: 9:00 am – 6:00 pm

Lap Swim Hours:

Monday, Wednesday & Friday: 8:00-9:00 am • 2:00-4:00 pm • 8:00-9:00 pm
Tuesday & Thursday: 7:00-9:00 am • 2:00-4:00 pm • 8:00-9:00 pm
Saturday: 12:00-4:00 pm
Sunday: 9:00-1:00 pm

Family Swim Hours:

Saturday: 4:00-6:00 pm
Sunday: 1:00-6:00 pm

Hydro- Spin Classes are limited to 6 Participants per class. HydroRider™ Bikes will only be used during scheduled classes under the supervision of a qualified Instructor. It is highly recommended participants bring pool shoes to wear during this class.

We have several **Aquatic Trends Workout Stations** in the pool. You may use these stations during Open Swim sessions when they are not being utilized for Aquatic Classes or Therapy.

For your safety and the safety of others, **Pool Rules will be posted in the Pool Area.** We want everyone to have a positive and rewarding experience at our facility. Please be mindful and respectful of others and remember that what some of us can accomplish in no time flat, others believed only yesterday they would never accomplish again...

We built this pool for you...please enjoy!!!