





# Aquatics Class Schedule

Effective July 10, 2017

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
5:00am	Lap Swim (5am – 8:55am)	Lap Swim (5am – 8:55am)	Lap Swim (5am – 8:55am)	Lap Swim (5am – 8:55am)	Lap Swim (5am – 8:55am)		
7:00am						Lap Swim (5am – 8:55am)	Lap Swim (7am – 9am)
9:00am	 Aqua Zumba®	Aqua Fit	 Aqua Zumba®	Aqua Fit	Aqua Fit	Aqua Fit	Free Swim (9am – 1pm)
10:15am		Aqua Arthritis		Aqua Arthritis		Swim Lessons (10am – 1:45pm)	
1:00pm	Free Swim (1pm – 4pm)	Free Swim (1pm – 4pm)	Free Swim (1pm – 4pm)	Free Swim (1pm – 4pm)	Free Swim (1pm – 4pm)	Free Swim (1pm – 4:45pm) Birthday Parties*	Free Swim (1pm – 4:45pm) Birthday Parties*
4:00pm	Swim Lessons (4pm – 6:15pm)	Swim Lessons (4pm – 6:15pm)	Swim Lessons (4pm – 6:15pm)	Swim Lessons (4pm – 6:15pm)			
5:00pm							
6:30pm	 Aqua Zumba®	Aqua Fit	 Aqua Zumba®	Aqua Fit	Free Swim/ Lap Swim (6:00pm – 8:45pm) Birthday Parties*		
7:30pm	Free Swim/ Lap Swim (7:30pm – 9:45pm)	Free Swim/ Lap Swim (7:30pm – 9:45pm)	Free Swim/ Lap Swim (7:30pm – 9:45pm)	Free Swim/ Lap Swim (7:30pm – 9:45pm)			

\*Please call ahead for our current Birthday Party Schedule.

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Center Hours: Mon-Thurs: 5:00am – 10:00pm/Fri: 5:00am – 9:00pm/Sat & Sun 7:00am – 5:00pm

**Aqua Zumba®** – Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Aqua Fitness** – An energizing, low impact water fitness class that combines both strength training, and cardiovascular conditioning exercises that will challenge your muscles and increase your strength.

**Aqua Arthritis** – A gentle water class designed specifically for members with arthritis, chronic pain, or other joint injuries.

**NOTE:** For the safety of the participants and enjoyment of all our members, we ask that you end your lap swim 5 minutes prior to the start of an aqua class. Additionally, lap lanes will remain open during swim lessons/birthday parties. Please refrain from using the open pool area while swim lessons/birthday parties are taking place.