


Revised 3/20/12

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
8:15am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness		
9:00am						*Swim Lessons 9:00am- 12:00pm	
9:30am					*Swim Lessons 9:30-10:30am		
10:30am	Aqua Fitness	Aqua Fitness		Aqua Fitness	Aqua Fitness		
11:30am						*Birthday Parties 11:30am – 2:00pm	*Birthday Parties 11:30am – 2:00pm
1:00pm							*Swim Lessons 1:00-3:00pm
2:00pm			*Swim Lessons 2:00-5:00pm				
2:30pm						*Birthday Parties 2:30-5:00pm	*Birthday Parties 2:30-5:00pm
3:00/3:30pm				*Swim Lessons 3:00-5:30pm	*Swim Lessons 3:30-6:15pm		
4:00pm	*Swim Lessons 4:00-6:00pm	*Swim Lessons 4:00-5:30pm					
6:00pm	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	*Birthday Parties 6:00-8:30pm		

*During swim lessons and pool parties members may share the pool on the recreational side or use the lap lanes. Lap lanes are closed during aquatic classes.

15 Catamore Blvd ▪ 401-434-3600 ▪ www.healthtrax.com

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-6:00pm

Youth Activity Center Hours: Monday-Friday 8:30am-12:30pm / Monday-Thursday 4:00-8:00pm Fri 3:30-6:30pm

Saturday & Sunday 8:45am – 12:00pm (reservations required)