



# Aquatics Class Schedule

Effective Sept. 24

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
9:00am	Aqua Fitness		Aqua Fitness				
9:15am				Deep Water Aqua Fitness			
9:30am		Deep Water Aqua Fitness			Deep Water Aqua Fitness		
9:45am	Deep Water Aqua Fitness						
10:15am		Aqua Arthritis		Aqua Arthritis			
6:00pm	Aqua Fitness		Aqua Fitness		Aqua Fitness		
<b>Swim Lessons</b>							
<b>Mornings</b>	9:30-11am	9:30-11am	10-11am	9:30-11am	10:30-11:30am	8:30-11am	
<b>Afternoon</b>	3:45-4:30pm No open swim	3:45-4:30pm No open swim		3:45-4:30pm No open swim	3:45-4:30pm No open swim		
<b>Evening</b>	4-6pm	4-6:30pm	4-6pm	4-6:30pm	4-6pm		

**Pool closed during Water Aerobic Classes & Lap Lane restrictions during Swim Lessons**

2191 Post Rd, Warwick, RI 02886 ▪ 401-732-2413 ▪ [www.healthtrax.com](http://www.healthtrax.com)

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

**Youth Activity Center Hours:**

**Mornings:**

Monday, Wednesday, and Friday 8:30am -12:00pm

Tuesday and Thursday 9:00-1:00

Saturday and Sunday 9:00-12:00\*

**Afternoons:**

Monday – Thursday 4:00 - 8:00