



AQUATICS SCHEDULE

Effective Nov. 1 , 2007

MONDAY		
TIME	CLASS	LOCATION
8:00 AM	Hydro Flex	Warm Pool
8:30 AM	Aqua Lite	Choice
9:15 AM	Hydro Flex	Warm pool
10:00 AM	Aqua Energizer/sculpt	Main Pool
5:30 PM	Aqua Deep	Deep Pool

TUESDAY		
TIME	CLASS	LOCATION
6:00 AM	Aqua Deep	Deep pool
8:00 AM	Hydro Flex	Warm pool
8:30 AM	Aqua Walking	Main pool
9:30 AM	Aqua Deep	Deep pool
5:30 PM	Aqua Energizer/sculpt	Main pool
6:30 PM	Aqua Lite	Choice
7:00 PM	Hydro Flex	Warm pool

WEDNESDAY		
TIME	CLASS	LOCATION
6:00 AM	Aqua Wave	Choice
8:00 AM	Hydro Flex	Warm pool
8:30 AM	Aqua Lite	Choice
9:15 AM	SilverSplash(SilverSneakers®)Ch	Warm pool
10:00 AM	Aqua Energizer/sculpt	Main pool
5:30 PM	Aqua Deep	Deep pool

THURSDAY		
TIME	CLASS	LOCATION
6:00 AM	Aqua Deep	Deep Pool
8:00 AM	Hydro Flex	Warm Pool
8:30 AM	Aqua Walking	Main Pool
9:30 AM	Aqua Deep	Deep Pool
5:30 PM	Aqua Energizer/sculpt	Main Pool
6:30 PM	Aqua Lite	Choice
7:00 PM	Hydro Flex	Warm Pool

FRIDAY		
TIME	CLASS	LOCATION
8:00 AM	SilverSplash(SilverSneakers®)	Choice
9:00 AM	Aqua Fit	Main Pool
10:00 AM	Aqua Deep	Deep pool

SATURDAY		
TIME	CLASS	LOCATION
8:00 AM	Aqua Wave	Choice