

AQUATIC FITNESS SCHEDULE 2021



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00AM - 7:30PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:00-9:00AM	Therapy	Therapy	Therapy	Therapy	Therapy		
9:00 - 9:45 AM		DEEP H2O WITH JENNIE	DEEP H2O WITH JENNIE	AQUA TABATA WITH KARLA			
9:30-10:15AM							
10:00 - 10:45 AM	AQUA SURPRISE WITH KARLA	Senior Splash WITH BUD	AQUA SURPRISE WITH KARLA	Senior Splash WITH BUD			
10:15-11:00AM					AQUA SURPRISE WITH KARLA		
11:15AM-12:00PM	AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER		
12:00 - 3:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy		
5:30-6:15PM		AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER			
3:00-7:00PM		FAMILY SWIM TIME BEGINS					
						REVISED ON 12/21/20	

* Indicates an additional fee is required to participate in the class.

♦ Lap lane availability may vary due to special events. ♦ Family swim subject to availability other than time scheduled.

♦ Private swim lessons available at various times throughout the year.