









McDowell Wellness
Center
A service of Ephraim McDowell Health

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 - 10:00 AM	<i>AQUA MIX WITH ANN</i>	AQUA MIX WITH REBECCA		AQUA TABATA WITH KARLA		
9:30-10:15AM					<i>AQUA MIX WITH ANN</i>	
10:00 - 11:00 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	
11:00AM-12:00PM	AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER		AQUA ARTHRITIS WITH GINGER	
12:00 - 3:00 PM	Therapy	Therapy	Therapy	Therapy	Therapy	
3:00-7:45PM	 FAMILY SWIM TIME 					
5:30PM-6:30PM		AQUA ARTHRITIS WITH ART & GINGER		AQUA ARTHRITIS WITH ART & GINGER		REVISED ON 11/21
* 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.						