



Adult Aquatics Schedule

January 8 – March 31, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Lengths 6:30-9:00am	Aqua Lengths 6:30-9:00am	*Aqua Lengths 6:30-9:00am	Aqua Lengths 6:30-9:00am	*Aqua Lengths 6:30-9:00am	
	Aqua Fit (1) 9:00-9:30am	Aqua Fit (2) 9:00-9:45am	*Aqua Fit (1) 9:00-9:30am	Aqua Fit (2) 9:00-9:45am	*Aqua Fit (1) 9:00-9:30am	
	Aqua Lengths 9:30-10:00am	*Aqua Lengths 9:45-10:30am	*Aqua Lengths 9:30-10:00am	Aqua Lengths 9:45-10:30am	*Aqua Lengths 9:30-10:00am	
					*Aqua Motion Beyond Breast Cancer 10:45-11:30am 10 week class Jan 13-Mar 17	Aqua Sweat! (2) 10:00-10:45am
	Gentle Waters (1) 10:30-11:30am	*Women Alive! 10:30-11:30am	Gentle Waters (1) 11:00-12:00pm	Gentle Waters (1) 10:30-11:30am		
	Aqua Lengths 11:30-12:00pm	*Aqua Lengths 11:30-12:10pm		Aqua Length 11:30-12:10pm	*Aqua Lengths 11:30-12:10pm	
*Aqua Fit (2) 12:30-1:00pm	Aqua Sweat! (3) 12:00-12:45pm	*Aqua Tabata (3) 12:10-12:40pm	*Aqua Sweat! (2) 12:00-12:45pm	Aqua Move (2) 12:10-12:40pm	*Aqua Move(2) 12:10-12:40pm	Aqua Lengths 12:15-1:00pm
*Women, girls & U.6 boys Open Swim 1:00-2:00pm	Aqua Lengths 12:45-1:00pm	*Aqua Lengths 12:40-1:00pm	*Aqua Lengths 12:45-1:00pm	Aqua Lengths 12:40-1:00pm	*Aqua Lengths 12:40-1:00pm	Open Swim 1:00-2:00pm
	Aqua Lengths 4:00-5:00pm	Aqua Lengths 5:00-6:00pm	Masters Swim 5:00-6:00pm	Aqua Lengths 4:00-5:00pm	Aqua Lengths 4:00-5:15pm	
	Aqua Fit (2) 8:30-9:15pm		*Aqua Fit (2) 6:00-6:45pm	Aqua Fit (2) 8:30-9:15pm	Aqua Fit (2) 5:15-6:00pm	
			*Women & Teen's Open Swim 6:45-7:45pm			

- (1) Low-moderate intensity classes;
- (2) Moderate-high intensity classes;
- (3) High intensity classes
- * Women only programs

