



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

