

AQUATIC GROUP EXERCISE

LAP POOL SCHEDULE

| Class Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|------------------|------------------|------------------|------------------|------------------|---|-----------------------|
| 6:00-8:15AM | 4 | 4 | 4 | 4 | 4 | 4 | |
| 8:00-9:00AM | Aqua Splash 2 | Aqua Splash 2 | Aqua Splash 2 | Aqua Splash 2 | Aqua Splash 2 | | |
| 9:15-10:00AM | 4 | Aqua Groove 2 | 4 | Aqua Groove 2 | 4 | 4 | |
| 10:00-11:00AM | H2O BC 1 | | H2O BC 1 | | H2O BC 1 | | |
| 11:00-1:15PM | 4 | 4 | 4 | 4 | 4 | 4 | Pool Opens 1:00 PM |
| 1:15-3:30PM | 4 | 1:30PM MC PE | 4 | 1:30PM MC PE | 4 | 4 | 4 |
| 3:30-5:30PM | MAKOS 1 | | MAKOS 1 | | MAKOS 1 | Pool Closes 4:45PM | Pool Closes 5:45PM |
| 5:30-6:00PM | 4 | 4 | 4 | 4 | 4 | Please note that the lap pool may be used for swim lessons if necessary. PLEASE WEAR APPROPRIATE CLOTHING IN POOL. NO LOTIONS, OILS, or PERFUME | |
| 6:00-6:45PM | H2O Robics 2 | Aqua Splash 2 | H2O Robics 2 | Aqua Splash 2 | | | |
| 6:45-7:45PM | | | | | | | |

Aqua Splash: Just add water & shake! Have fun & shake off the calories in this 45 min cardio dance class in the water.

H2O BC (Bootcamp): A 45 min high-paced & fun workout combining cardio & strength.

H2O Robics: 45 mins of cardio exercise with toning intervals utilizing equipment to burn calories & increase endurance!

Aqua Groove: A combination of music with a variety of different dance styles, kickboxing, and balance technique strategies to help you overcome every day challenges.

THERAPY POOL SCHEDULE

| Class Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|------------------------|------------------------|------------------------|------------------------|---------------------------|-----------------------------------|---|
| 8:00-8:45AM | | | | | | Pool Opens 7:00 AM | |
| 8:30-9:15PM | | | | | | | |
| 9:00-9:45AM | Gentle Currents | | Gentle Currents | | Gentle Currents | Family Time 10:00AM- 4:30PM | |
| 10:15-11:45AM | | | | | | | |
| 12:00-2:00PM | | | | | | | Pool Opens 1:00PM Family Time 1:00-5:30PM Pool Closes 5:30PM |
| 2:00-2:45PM | | | | | | | |
| 4:30-7:30PM | | | | | | Pool Closes 4:30PM | |
| 5:15-6:00PM | | Gentle Currents | | Gentle Currents | | | |
| 6:00-7:45PM | Family Swim 6pm-8pm | Family Swim 6pm-8pm | Family Swim 6pm-8pm | Family Swim 6pm-8pm | Family Swim 6pm-7:30pm | | |

Gentle Currents: 45 mins of light movements and low intensity exercises to increase flexibility, mobility, strength, and range of motion