



AQUATICS GROUP FITNESS SCHEDULE UPDATED 09/08

For additional information contact Shannon Brown, Aquatics Director

BIG POOL	Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:15 AM	Hydro-Fit		Hydro-Fit		Hydro-Fit	
	8:00-9:00 AM		Hydro-Fit		Hydro-Fit		
	8:30-9:30 AM	Hydro-Fit		Hydro-Fit		Hydro-Fit	Hydro-Fit
	9:00-10:00 AM		Water Fitness		Water Fitness		
	9:45-10:30 AM	Deep Water Running		Deep Water Running		Deep Water Running	
	4:00-4:45 PM		Kids Swim Workout		Kids Swim Workout		
	5:00-6:00 PM		Master Swim Instruction		Master Swim Instruction		
	6:00-7:00 PM		Hydro-Fit		Hydro-Fit		

WARM POOL	Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	9:00-10:00 AM	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
	10:00-11:00 AM	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	
	11:00AM-12:00		Tri-Aqua		Tri-Aqua		
	2:00-3:00 PM		Water Fitness		Water Fitness		
	5:00-6:00 PM						Water Fitness