

Aquatic Schedule

Monday	Tuesday	Wed.	Thurs	Friday	Saturday	Sunday
A.F.E.P 8:00- 9:00am		A.F.E.P 8:00- 9:00am		A.F.E.P 8:00- 9:00am		
	HYDRO-TONE 8:10- 9:00am		HYDRO-TONE 8:10- 9:00am			
AQUA-SIZE 9:00- 10:00am		AQUA-SIZE 9:00- 10:00am		AQUA-SIZE 9:00- 10:00am		
					FAMILY SWIM 10:30 am- 12:30 pm	
AQUA-BLAST 5:30- 6:15pm	WILD WATER VOLLEY BALL 5:30- 6:30pm	AQUA-BLAST 5:30- 6:15pm	WILD WATER VOLLEY BALL 5:30- 6:15pm			

Class Descriptions

A.F.E.P.: A recreational program for persons with arthritis, conducted in a heated pool. Program participants are led through a series of specially designed exercises to help improve flexibility, strength, and cardiovascular endurance.

Aqua-Blast: 45 minutes BLAST of strength and cardiovascular workouts utilizing our water weights and improving our endurance! BE READY to splash and work HARD!

Aqua-Size: A fun packed hour of water exercises focusing on cardiovascular endurance, strength, and flexibility.

Hydro-Tone: Increase your strength and cardiovascular health by utilizing specially designed resistance equipment for this HIGH INTENSITY muscular workout. BE READY TO CRANK IT UP!

Wild Water Volleyball: Come enjoy some competitive fun water volleyball from 5:30-6:30 Tuesday and Thursday evenings!

Family Swim: Members may bring their children or grandchildren every Saturday from 10:30 AM to 12:30 PM. Members must stay in the pool area while the child is swimming. A life guard will be on duty.

PLEASE SHOWER WITH SOAP BEFORE GETTING IN THE SWIMMING POOL.

AQUATIC SHOES ARE RECOMMENDED FOR ALL WATER CLASSES.