

Aquatic Exercise Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

5:00 - 9:00 AM Open Swim	5:00 - 11:00 PM Open Swim	5:00 - 9:00 AM Open Swim	5:00 - 8:30 AM Open Swim	5:00 - 9:00 AM Open Swim
			8:30 - 9:00 AM Aqua Power	
9:15 - 10:00 AM Aqua Blue		9:15 - 10:00 AM Aqua Blue	9:15 AM - 11 PM Open Swim	9:15 - 10:00 AM Aqua Blue
10:15 - 11:00 AM Aqua Green		10:15 - 11:00 AM Aqua Green		10:15 - 11:00 AM Aqua Green
11:15 AM- 12 PM Aqua Yellow		11:15 AM- 12 PM Aqua Yellow		11:15 AM- 12 PM Aqua Yellow

Aqua BLUE: for participants who perform moderate to vigorous activity regularly.

Aqua GREEN: for participants who lead an active lifestyle most of the time.

Aqua YELLOW: for participants who need a gentle class due to mobility limitations.

Aqua POWER: for participants looking for a higher energy class for strength and cardio exercise.

Open Swim every Monday/Wednesday/Friday from noon - 11 PM

No Lifeguard on Duty - Swim at your Own Risk

