

SUMMER 2019 On-Going Aqua Classes and Pool Activities

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6 am :15 :30 :45		6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00-8:45 OPEN SWIM
7 am :15 :30 :45		7:00-7:45 AQUA SUNRISERS	7:00-7:45 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-7:45 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	
8 am :15 :30 :45		8:15-9 AQUA AGELESS	8:00-9:00 AQUA YOGA	8:15-9 AQUA AGELESS	8:00-9:00 AQUA YOGA	8:15-9 AQUA AGELESS	
9 am :15 :30 :45	9:15—5:45 OPEN SWIM	9:15-10 AQUA FIT 'N' TONE	9:00 to 5:15 pm OPEN SWIM	9:15-10 AQUA FIT 'N' TONE	9:00 to 5:15 pm OPEN SWIM	9:15-10 AQUA FIT 'N' TONE	9:00-9:45 PILAQUA
10 am :15 :30 :45		10:00-8:45p OPEN SWIM		10:00-8:45 pm OPEN SWIM		10:00-3:15 OPEN SWIM	10-2 pm OPEN SWIM
11 am :15 :30 :45							
12 PM :15 :30 :45							
1 PM :15 :30 :45							
2 PM :15 :30 :45							2:00-3:45 FAMILY TIME SWIM
3 PM :15 :30 :45						3:15-5 FAMILY TIME SWIM	3:45-5:45
4 PM :15 :30 :45							OPEN SWIM
5 PM :15 :30 :45			5:30-6:30 AQUA		5:30-6:30 AQUA	5-5:45 pm OPEN SWIM	
6 PM :15 :30 :45			FITNESS FUSION 6:30-8:45 OPEN SWIM		FITNESS FUSION 6:30-6:45 OPEN SWIM	NO OPEN SWIM OR SAUNA/ WHIRLPOOL USE DURING AQUA CLASSES	
7 PM :15 :30 :45					7:00-8:45 Water Volleyball (group)		
8 15 30 45							