



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

OPEN LAP LANES, WATER AEROBICS, OPEN EXERCISE AREA, AND MUSHROOM/ SLIDE TIMES



SPRING 2012

OPEN LAP LANES

<u>MON./WED.</u>	<u>TUES./ THURS.</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:00am-7:00am 6 Lanes	5:00am-7:00am 6 Lanes	5:00am-7:00am 6 Lanes	7:00am-8:00am 6 Lanes
7:00am-11:30am 1 Lane	7:00am-8:00am 1 Lane	7:00am-11:30am 1 Lane	8:00am-9:00am 3 Lanes [1 Lane for Exercise]
11:30am-1:30pm 6 Lanes [1 Lane for Exercise]	8:00am-9:00am 6 Lanes [1 Lane for Exercise]	11:30am-1:30pm 6 Lanes	9:00am-11:00am 3 Lanes [1 Lane for Exercise]
1:30pm-2:30pm 1 Lane	9:00am-10:30am 3 Lanes	1:30pm-2:30pm 1 Lane	11:00am-2:00pm 6 Lanes [1 Lane for Exercise]
2:30pm-3:30pm 6 Lanes [1 Lane for Exercise]	10:30am-11:30am 1 Lane	2:30pm-6:00pm 6 Lanes	2:00pm-5:30pm 3 Lanes [1 Lane for Exercise]
3:30pm-8:30 pm 3 Lanes	11:30am-3:30pm 6 Lanes	6:00pm-7:30pm 3 Lanes	<u>SUNDAY</u>
	3:30pm-8:30pm 3 Lanes	7:30pm-8:30pm 4 Lanes	1:00pm-2:00pm 6 Lanes
	8:30pm-9:00 pm 6 Lanes	8:30pm-9:00 pm 6 Lanes	2:00pm-5:30pm 3 Lanes

WATER AEROBICS

<u>MON./WED.</u>	<u>TUES./ THURS.</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
WATER AEROBICS 7:00am-8:00am	AQUA ZUMBA! 9:00am-9:45am	WATER AEROBICS 7:00am-8:00am	WATER AEROBICS 8:00am-8:45am
WATER AEROBICS 8:00am-8:45am	WATER AEROBICS 7:00am-8:00am	WATER AEROBICS 8:00am-8:45am	
WATER AEROBICS 9:00am-9:45am	HAPPY HINGES 10:30am-11:30am	WATER AEROBICS 9:00am-9:45am	
DEEP AEROBICS 9:45am-10:30am	AQUA ZUMBA! 7:30pm-8:30pm	DEEP AEROBICS 9:45am-10:30am	
HAPPY HINGES 10:30am-11:30am		HAPPY HINGES 10:30am-11:30am	
HAPPY HINGES 1:30pm-2:30pm		HAPPY HINGES 1:30pm-2:30pm	
WATER AEROBICS 7:45pm-8:30pm			

Please Note: All Water Aerobic/ Happy Hinges classes need a minimum of 8 participants for class to be taught.

AQUA ZUMBA!
TUESDAY & THURSDAYS
9:00-9:45 AM & 7:30-8:30 PM



SLIDE & MUSHROOM

MON-THURS	7:30pm - 8:45pm
FRI	5:00pm - 8:45pm*
SAT	2:00pm - 5:15pm
SUN	2:00pm - 5:15pm

As long as there are no make up swim lessons.

OPEN EXERCISE

DEEP END OPEN FOR ADULT EXERCISE

<u>Mon / Wed / Fri</u>	<u>TUES / THURS</u>
7:00am-9:45am	7:00am-7:45am
10:30am-11:30am	9:00am-10:05am
1:30pm-2:30pm	1:30pm-2:30pm
3:30pm-4:35pm	3:30pm-4:35pm
7:45pm-9:00pm	7:00pm-9:00pm
<u>Saturday</u>	
8:00am-10:05am	