

# Aqua Class Schedule

| Time  | Monday   | Tuesday  | Wednesday                                | Thursday                                 | Friday              | Saturday                                 | <p style="text-align: center;"><b>Family Swim Policy</b></p> <p>We allow any member to bring up to five guests to Family Swim sessions. There will be no charge for the first two guests. The charge for each additional guest will be \$5 per guest. Members should sign the Family Swim Liability Waiver form at the front desk prior to entering the pool area noting the member's name, guest name(s) and number of guests.</p> |
|-------|--|--|--|--|---------------------|--|---|
| 6:00  | <b>Open*</b>   | <b>Open</b><br><i>Individual exercise/<br/>lap swim</i><br>6:00-1:00 | <b>Open*</b>                             | <b>Open</b>                              | <b>Open*</b>        |  |   |
| 7:00  | <b>Aqua Aerobic</b>                                    |  | <b>Aqua Aerobic</b>                      | <i>Individual exercise/<br/>lap swim</i> | <b>Aqua Aerobic</b> | <b>Open</b>                              |   |
| 7:30  | <b>7:00-7:45</b>                                       |  |  |  | <b>7:00-7:45</b>    | <i>Individual exercise/<br/>lap swim</i> |   |
| 8:00  | *  |  |  |  | *                   |  |   |
| 8:30  | <b>Aqua Lite</b>                                       |  |  | <b>Aqua Lite</b>                         | <b>Aqua Lite</b>    |  |   |
| 9:00  | <b>8:30-9:15</b>                                       |  |  | <b>8:30-9:15</b>                         | <b>8:30-9:15</b>    | 7:00-10:00                               |   |
| 9:30  | *  |  |  | *  | *                   |  |   |
| 10:00 | <b>Aqua Lite</b>                                       |  |  | <b>Aqua Lite</b>                         | <b>Aqua Lite</b>    | <b>Family Swim</b><br><b>10:00-12:00</b> |   |
| 10:30 | <b>10:00-10:45</b>                                     |  |  | <b>10:00-10:45</b>                       | <b>10:00-10:45</b>  |  |   |
| 11:00 | <i>Individual exercise/<br/>lap swim</i><br>10:45-3:30 |  |  |  | *                   |  |   |
| 11:30 |  |  | <i>Individual exercise/<br/>lap swim</i> |  |                     |  |   |
| 12:00 |  |  |  |  |                     | Pool closes 12:00                        |   |
| 12:30 |  |  |  |  |                     | <b>Closed</b>                            |   |
| 1:00  |  |  | <b>Yoqua</b>                             | <i>10:45-3:30</i>                        | <b>Yoqua</b>        |  |   |
| 1:30  |  |  | <b>1:00-1:45</b>                         |  | <b>1:00-1:45</b>    |  |   |
| 2:00  |  |  | <b>Aqua Lite Plus</b>                    |  | *                   |  |   |
| 2:30  |  |  | <b>2:00-2:45</b>                         |  | <b>2:00-2:45</b>    |  |   |
| 3:00  |  |  |  |  | <b>Family Swim</b>  |  |   |
| 3:30  |  | <b>Aqua Aerobic</b>  | <i>Individual exercise/<br/>lap swim</i> | <b>Aqua Aerobic</b>                      | <b>3:00-4:30</b>    |  | <b>Aqua Aerobic</b>   |
| 4:00  | <b>3:30-4:15</b>                                       |  | <b>3:30-4:15</b>                         |  | <b>3:30-4:15</b>    |  |   |
| 4:30  | *  |  | *  | <i>Individual exercise/<br/>lap swim</i> | *                   |  |   |
| 5:00  |  | 2:45-6:45  |  |  |                     |  |   |
| 5:30  | <b>Deep H2O</b>  |  | <b>Deep H2O</b>                          | <i>lap swim</i>                          | <b>Deep H2O</b>     |  |   |
| 6:00  | <b>5:30-6:15</b>                                       |  | <b>5:30-6:15</b>                         | 4:30-6:45                                | <b>5:30-6:15</b>    |  |   |
| 6:30  | Pool closes 6:45                                       | Pool closes 6:45   | Pool closes 6:45                         | Pool Closes 6:45                         | Pool closes 6:45    |  |   |
| 7:00  | Closed   | Closed   | Closed                                   | Closed                                   | Closed              |  |   |

