

Aquatics Program Schedule

(Revised 02/06/2023)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 a.m.						
8:00 a.m.						Master Swim 8:00 - 9:30am (Elixabeth)
8:30 a.m.						
9:30 a.m.	*Splash Dance (Wendy)	Water Fitness (Jadene)	*Aqua Zumba (Kathy D.)	Water Fitness (Jadene)	*Aqua Zumba (Kathy D.)	Water Fitness (Marie)
11:30 a.m.		Master Swim 11:30 - 1:00pm (Elizabeth)		Master Swim 11:30 - 1:00pm (Elizabeth)		
1:00 p.m.						Family Swim** (1:00 - 5:45)
3:30 p.m.	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
5:30 p.m.						

- **Note:** All classes on this schedule are free with your membership.
- **** No sign up required for family swim- Swim lessons may be taking place during these times and may require sharing of space in the pool**
- **Family swim** time is 3:30 - 5:30pm Monday - Friday, 1:00 - 5:45 pm on Saturday, and 12:00 - 3:45 pm on Sunday. A parent or guardian must be present with all kids under 14 while they are in the pool. Children under 14 are not allowed in the pool except during these times, except with special permission. These rules are strictly enforced.
- * Aqua Zumba classes are Endorsed by Silver&Fit®