

WATER FITNESS SUMMER SCHEDULE



S M T W T F S

1	2	3	4	5	6	7
8	9 10 - 10:45 AM	10 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	11 10 - 10:45 AM	12 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	13	14
15	16 10 - 10:45 AM	17 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	18 10 - 10:45 AM	19 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	20	21
22	23 10 - 10:45 AM	24 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	25 10 - 10:45 AM	26 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	27	28
29	30 10 - 10:45 AM					

LEGEND:

- WATER AEROBICS
- DEEP WATER JOGGING

LAP SWIMMING

MON-FRI, 8-11:45 AM
AND DURING OPEN
SWIM HOURS

LAZY RIVER RESISTANCE WALKING:

MON-FRI, 8-11:45 AM
MON-THURS, 6-7:45 PM

WATER FITNESS SUMMER SCHEDULE



S M T W T F S

		1 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	2 10 - 10:45 AM	3 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	4	5
6	7 10 - 10:45 AM	8 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	9 10 - 10:45 AM	10 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	11	12
13	14 10 - 10:45 AM	15 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	16 10 - 10:45 AM	17 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	18	19
20	21 10 - 10:45 AM	22 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	23 10 - 10:45 AM	24 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	25	26
27	28 10 - 10:45 AM	29 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	30 10 - 10:45 AM	31 10 - 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM		

LEGEND:

- WATER AEROBICS
- DEEP WATER JOGGING

LAP SWIMMING

MON-FRI, 8-11:45 AM
AND DURING OPEN
SWIM HOURS

LAZY RIVER RESISTANCE WALKING:

MON-FRI, 8-11:45 AM
MON-THURS, 6-7:45 PM

WATER FITNESS SUMMER SCHEDULE



S M T W T F S

JULY

					1	2
3	4 10- 10:45 AM	5 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	6 10- 10:45 AM	7 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	8	9
10	11 10- 10:45 AM	12 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	13 10- 10:45 AM	14 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	15	16
17	18 10- 10:45 AM	19 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	20 10- 10:45 AM	21 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	22	23
24	25 10- 10:45 AM	26 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	27 10- 10:45 AM	28 10- 10:45 AM 10:45 - 11:15 AM 6:15 - 7:15 PM	29	30
31						

LEGEND:

● WATER AEROBICS

● DEEP WATER JOGGING

LAP SWIMMING

MON-FRI, 8-11:45 AM
AND DURING OPEN
SWIM HOURS

LAZY RIVER RESISTANCE WALKING:

MON-FRI, 8-11:45 AM
MON-THURS, 6-7:45 PM