

WATER AEROBICS/LAND CLASSES

2017 SUMMER SCHEDULE

ALL CLASSES ARE INCLUDED IN SWIM PACKAGE AS A COURTESY

MONDAY	5:30-8:00AM	POWER STROKE-BEGINNERS/ADV.	(DANNY)
	9:00-9:50AM	HYDRO MOTION (MEDIUM)	(PAT)
	10:00-10:50A	DEEP WATER (HIGH)	(PAT)
TUESDAY	9:00-10:00AM	DEEP WATER (HIGH)	(LISA)
	10:00-10:50A	ARTHRITIS SHALLOW WATER (LOW)	(LISA)
WEDNESDAY	5:30-8:00AM	POWERSTROKE-BEGINNERS/ADV.	(DANNY)
	9:00-9:50AM	HYDRO MOTION (MEDIUM)	(LISA)
	10:00-10:50AM	DEEP WATER (HIGH)	(LISA)
	5:00-5:50PM	DEEP WATER (HIGH)	(SHERRY)
THURSDAY	9:00-10:00AM	DEEP WATER (HIGH)	(LISA)
	10:00-10:50AM	ARTHRITIS SHALLOW WATER (LOW)	(LISA)
FRIDAY	5:30-8:00AM	POWERSTROKE-BEGINNERS/ADV.	(DANNY)
	9:00-9:50AM	HYDRO MOTION (MEDIUM)	(LISA)
	10:00-10:50AM	DEEP WATER (HIGH)	(LISA)
	5:00-5:50PM	DEEP WATER (HIGH)	(DARIAN)
SATURDAY	10:00-11:00AM	WATERWORKS/DEEP WATER (HIGH)	(DARIAN)

ADULT PRIVATE OR GROUP SWIMMING LESSONS ARE ALSO OFFERED. PLEASE CALL THE NATATORIUM FOR SCHEDULING YOUR LESSON.

ALL CLASS TIMES AND INSTRUCTORS SUBJECT TO CHANGE.