

Event	Days	Times
Arthritis	Tues & Thurs	9:15 to 10:15 am
Back Wellness	Tues & Thurs	11 to 12 pm

Early Bird Aerobics	Mon, Wed & Fri	5:30 to 6:30 am
Deep H 2 O	Mon, Wed & Fri	9 to 10 am
Water Wellness	Mon, Wed & Fri	10 to 11 am
Aerobic Fitness	Mon, Wed & Fri	11 to 12 pm
WOGA	Wednesdays	3:30 to 4:30 pm
WOGA	Monday Nights	6:30 to 7:30 pm
Aqua Fit	Mon, Wed & Fri	5:30 to 6:30 pm

Lap Swim	Mon, Wed & Fri	4 to 5:30 am
Lap Swim	Mon, Wed & Fri	6:30 to 9 am
Lap Swim	Tues & Thurs	7 to 9 am
Lap Swim	Mon thru Fri	12 to 1 pm
Lap Swim	Mon thru Fri	4:30 to 5:30 pm
Lap Swim	Saturdays	8:00 to 9:00 am

V A	Mon, Wed & Fri	2:30 to 3:30 pm
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Swim Lessons	Tues & Thurs	9 to 11 am
Swim Lessons	Tues & Thurs	2 to 4:30 pm
Swim Lessons	Tues & Thurs	5:30 to 7:30 pm
Swim Lessons	Wednesday Nights	5:30 to 7:30 pm

OPEN SWIMS **Mon thru Fri 1 to 2 pm**
Mon thru Thurs. 7:30 to 8:30 pm
Fri 6:30 to 7:30 and 7:30 to 8:30 pm
Saturdays 1 to 3 pm