

AQUATIC CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>8:15-9:00</u> CARDIO Level 2- 3	<u>8:15-9:00</u> CARDIO Level 2-3	<u>8:15-9:00</u> CARDIO Level 2-3	<u>8:15-9:00</u> CARDIO Level 2-3	<u>8:15-9:00</u> CARDIO Level 2-3
	<u>9:30-10:15</u> CARDIO Level 2-3	<u>9:30-10:15</u> Aqua-ritis Level 2 L	<u>9:30-10:15</u> CARDIO Level 2-3	<u>9:30-10:15</u> Aqua-ritis Level 2 L	<u>9:30-10:15</u> CARDIO Level 2-3
	<u>10:45-11:30</u> Aqua-ritis Level 2	<u>10:45-11:30</u> Arthritis Foundation Level 1 L	<u>10:45-11:30</u> Aqua-ritis Level 2	<u>10:45-11:30</u> Arthritis Foundation Level 1 L	<u>10:45-11:30</u> Aqua-ritis Level 2
		<u>11:45-12:30</u> CARDIO Level 2-3		<u>11:45-12:30</u> CARDIO Level 2-3	<u>11:45-12:45</u> WATER WALKING Level 2-3
					<u>1:00-1:45</u> H2O POWER
	<u>2:00-2:45</u> Silver Splash Level 2-3	<u>1:30-2:15</u> CARDIO Level 2-3	<u>2:00-2:45</u> Silver Splash Level 2-3	<u>1:30-2:15</u> CARDIO Level 2-3	
	<u>3:00-3:45</u> OPEN POOL	<u>2:30-3:15</u> Aqua-ritis Level 2	<u>3:00-3:45</u> OPEN POOL	<u>2:30-3:15</u> Aqua-ritis Level 2	<u>2:00-2:45</u> Open Pool
		<u>3:30-4:15</u> AQUA Power Level 2-3		<u>3:30-4:15</u> AQUA Power Level 2-3	
	<u>5:00-5:45</u> WATER BOOMERS Level 3-4			<u>5:00-5:45</u> WATER BOOMERS Level 3-4	
	<u>6:00-6:45</u> Aqua De-Stress Level 2-3			<u>6:00-6:45</u> Aqua De-Stress Level 2-3	

Key: Levels: Best recommended for...

Revised January 2017

Level 1: Wheelchair bound or unable to stand without assistance (aquatics not appropriate)

Level 2: Can stand but have mobility and/or balance concerns

Level 3: Beginners or participants who have not been exercising regularly & who do not have balance/mobility concerns

Level 4: Fit older adults

L = ladies only