

[illegible]



Aquatics

Oct-25

Weekly Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day	Time	Activity	Location
Monday	5:30 AM - 7:00 AM *	AHS Swim Practice *Starting Oct.20th	Lap Pool
	8 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap Pool
	5 - 8 PM	Wavemakers	Lap Pool
Tuesday	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap Pool
	4:30 PM - 6:30 PM	Swim Lessons	Therapy Pool
	4:30 PM - 6:30 PM	Swim Lessons	Lap Pool
	3:45 PM - 5:30 PM*	AHS Swim Practice	Lap Pool
Wednesday	5:30 PM - 6:30 PM	Wavemakers	Lap Pool
	5:30 AM - 7:00 AM *	AHS Swim Practice	Lap Pool
	8 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Homeschool Open Swim	Lap Pool
	5:30 PM - 6:30 PM	Swim Lessons	Therapy Pool
Thursday	5 - 8 PM *	Wavemakers	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking	Lap Pool
	4:30 PM - 6:30 PM	Swim Lessons	Therapy Pool
	4:30 PM - 6:30 PM	Swim Lessons	Lap Pool
	3:45 PM - 5:30 PM*	AHS Swim Practice	Lap Pool
Friday	5:30 PM - 8 PM*	Wavemakers	Lap Pool
	5:30 AM - 7:00 AM *	AHS Swim Practice	Lap Pool
	8 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	11 AM - 12 PM	Water Walking	Lap Pool
Saturday	4 - 5:30 PM *	Wavemakers	Lap Pool
	9:00 AM - 11 AM	Swim Lessons	Therapy Pool
	9:00 AM - 11 AM	Swim Lessons	Lap Pool

Water Aerobics

Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming required.

Water Walking

Water walking uses the natural resistance and buoyancy of water against your body to provide a low impact workout. No swimming required.