



Aquatics

Dec-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	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
	3:45 PM – 5:30 PM	AHS Swim Practice	Lap Pool
	5:30 PM – 6:30 PM	Wavemakers	Lap Pool
Wednesday	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
	5 – 8 PM	Wavemakers	Lap Pool
Thursday	9:30 AM – 10:30 AM	Water Aerobics	Lap Pool
	11 AM – 12 PM	Water Walking	Lap Pool
	3:45 PM – 5:30 PM	AHS Swim Practice	Lap Pool
	5:30 PM – 8 PM	Wavemakers	Lap Pool
Friday	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
	4 – 5:30 PM	Wavemakers	Lap Pool
Saturday	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.