



Aquatics

May

Weekly Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day	Time	Activity	Location
Monday	7:30 AM – 8:15 AM	Water Aerobics (excluding the days below)	
	8 AM – 9:00 AM	Water Aerobics (May 4th only)	
	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	
	10:15 AM – 11:15 AM	Water Aerobics (May 4th only)	
	11 AM – 12 PM	Water Walking & Tread	
	12 PM – 1 PM	Water Walking & Tread (May 4th only)	
Tuesday	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	
	10:15 AM – 11:15 AM	Water Aerobics (May 5th only)	
	4:30 PM – 6:30 PM	Swim Lessons	
	5:00 PM – 6:30 PM	Swim Team	
Wednesday	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	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	10:15 AM – 11:15 AM	Water Aerobics (May 7th Only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread (excluding May 7th)	Lap Pool
	4:30 PM – 6:30 PM	Swim Lessons	Lap & Therapy Pool
Friday	8 AM – 9:00 AM	Water Aerobics (excluding the days below)	Lap Pool
	7:30 AM – 8:15 AM	Water Aerobics (May 8th only)	Lap Pool
	9:30 AM – 10:30 AM	Water Aerobics (excluding the days below)	Lap Pool
	10:15 AM – 11:15 AM	Water Aerobics (May 8th Only)	Lap Pool
	11 AM – 12 PM	Water Walking & Tread	Lap Pool
Saturday	9:00 AM – 11:00 AM	Swim Lessons	Lap & Therapy 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.