



Aquatics

July

Weekly Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day	Time	Activity	Location
Monday	8:00 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 PM - 6:30 PM	Wavemakers Swim Practice	Lap Pool
Tuesday	8:00 AM - 9:30 AM	Wavemakers Swim Practice	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	10:30 AM - 2:00 PM	Summer Day Camp	Lap Pool
Wednesday	8:00 AM - 9:00 AM	Water Aerobics	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics	Lap Pool
	10:30 AM - 2:00 PM	Summer Day Camp	Lap Pool
	5 PM - 6:30 PM	Wavemakers Swim Practice	Lap Pool
Thursday	8:00 AM - 9:30 AM	Wavemakers Swim Practice	Lap Pool
	9:30 AM - 10:30 AM	Water Aerobics (No class 7/2)	Lap Pool
	11 AM - 12 PM	Water Walking & Tread	Lap Pool
Friday	8:00 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

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.