

[illegible]



Aquatics

September

Weekly Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Day	Time	Activity	Location
Monday	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
	5:00 – 7:00 PM	Wavemakers (Starting 9/14)	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	Lap & Therapy Pool
	5:30 – 7:30 PM	Wavemakers/USA (Starting 9/15)	Lap Pool
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
	4:00 PM – 7:00 PM	Wavemakers (Starting 9/16)	Lap Pool
Thursday	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	Lap & Therapy Pool
	5:30 – 7:30 PM	Wavemakers/USA (Starting 9/17)	Lap Pool
Friday	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
	4 – 7:00 PM	Wavemakers (Starting 9/18)	Lap Pool
Saturday	9:00 AM – 11:00 AM	Swim Lessons (Starting 9/12)	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.