



Aquatic Exercise Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	High Intensity Class		High Intensity Class		High Intensity Class
8:00					
9:00					
10:00	High Intensity Class	High Intensity Class	High Intensity Class	High Intensity Class	High Intensity Class
11:00		Open Swim		Open Swim	
12:00					
1:00	Low Intensity Class		Low Intensity Class		Low Intensity Class
2:00					
3:00					
4:00	Open Swim		Open Swim		
5:00					

Beginning 4/1/2022

Classes are one (1) hour long each.