

MAKE-UP CLASS OPTIONS FALL 2018

Day	Class	Time	Pool
Mon	Water Yoga	6:45-7:30am	1
Mon	H2O Hip & Knee	7:30-8:15am	1
Mon	Gentle DW	9:00-9:45am	2
Mon	Deep Water (DW)	12:00-12:45pm	2
Mon	Joint Motion	12:15-1:00pm	1
Mon	Joint Motion Plus	2:45-3:30pm	1
Mon	Aqua Mix	4:15-5:00pm	2
Mon	Deep Water (DW)	5:00-5:45pm	2
Mon	Aqua Fit	5:45-6:30pm	2
Mon	Pain Management	7:00-7:45pm	1
Tues	Aqua Fit	6:00-6:45am	1
Tues	Aqua Fit	6:45-7:30am	1
Tues	Joint Motion Plus	8:15-9:00am	1
Tues	Joint Motion	9:00-9:45am	1
Tues	Gentle DW	9:00-9:45am	2
Tues	Joint Motion	10:45-11:00am	1
Tues	Deep Water (DW)	11:45-12:30pm	2
Tues	Aqua Zumba	12:15-1:00pm	1
Tues	Aqua Fit	6:30-7:15pm	1
Tues	Deep Water Volleyball	6:50-7:35pm	2
Wed	Deep Water (DW)	6:30-7:15am	2
Wed	Water Yoga	7:30-8:15am	1
Wed	Back in Action	10:45-11:30	1
Wed	Joint Motion Plus	11:30-12:15pm	1
Wed	Deep Water (DW)	12:00-12:45pm	2
Wed	Pain Management	12:15-1:00pm	1
Wed	Joint Motion Plus	2:45-3:30pm	1
Wed	Joint Motion	4:30-5:15pm	1
Thurs	Aqua Fit	6:00-6:45am	1
Thurs	Aqua Fit	6:45-7:30am	1
Thurs	Joint Motion Plus	8:15-9:00am	1
Thurs	Gentle DW	9:00-9:45am	2
Thurs	Joint Motion	10:45-11:30am	1
Thurs	Deep Water (DW)	11:45-12:30pm	2
Thurs	Water Yoga	12:15-1:00pm	1
Thurs	H2O Hip & Knee	1:00-1:45pm	1
Fri	Aqua Fit	6:30-7:15am	1
Fri	Joint Motion Plus	7:30-8:15am	1
Fri	Joint Motion Plus	9:00-9:45am	1
Fri	Back in Action	10:45-11:30am	1
Fri	Friday Fusion	12:15-1:00pm	1
Updated 8/1/18			

Open Swim/IE FALL Schedule 2018

Day	Pool 1	OPEN/IE	Day	Pool 2	OPEN/GROUP
Mon	8:15-9:00 am	IE	Mon	6:00-9:00am	OPEN SWIM
Mon	11:30-12:15pm	IE	Mon	9:00-9:45am	OPEN (Shallow Only)
Mon	3:30-4:15pm	IE	Mon	9:45-11:00am	OPEN SWIM
			Mon	11:00-11:45am	OPEN (Deep Only)
Tues	7:30-8:15am	IE	Mon	12:00-12:45pm	OPEN (Shallow Only)
Tues	11:30-12:15pm	IE	Mon	12:45-2:30pm	GROUP SWIM
Tues	2:45-3:30pm	IE	Mon	2:30-4:15pm	OPEN SWIM
			Mon	6:45-7:30pm	OPEN SWIM
Wed	7:30-9:00 am	IE			
Wed	1:00-1:45pm	IE	Tues	6:00-9:00am	OPEN SWIM
Wed	3:30-4:30pm	IE	Tues	9:00-9:45am	OPEN (Shallow Only)
			Tues	9:45-11:45am	OPEN SWIM
Thurs	7:30-8:15am	IE	Tues	11:45-12:30pm	OPEN (Shallow Only)
Thurs	11:30-12:15pm	IE	Tues	12:30-2:30pm	GROUP SWIM
Thurs	2:45-4:15pm	IE	Tues	2:30-4:15pm	OPEN SWIM
			Tues	5:00-6:00pm	OPEN SWIM
Fri	8:15-9:00am	IE	Tues	6:45-7:30pm	OPEN (Shallow Only)
Fri	11:30-1:00pm	IE			
Fri	1:00-1:45pm	IE	Wed	6:00-6:30am	OPEN SWIM
			Wed	6:30-7:15am	OPEN (Shallow Only)
			Wed	7:15-8:15am	OPEN SWIM
			Wed	8:15-9:00am	OPEN (Deep Only)
			Wed	9:00-11:00am	OPEN SWIM
			Wed	11:00-11:45am	OPEN (Deep Only)
			Wed	12:00-12:45pm	OPEN
			Wed	12:45-2:30pm	GROUP SWIM
			Wed	2:30-4:15pm	OPEN SWIM
			Wed	5:15-6:50pm	OPEN (Shallow Only)
			Wed	6:50-7:30pm	OPEN SWIM
			Thurs	6:00-9:00am	OPEN SWIM
			Thurs	9:00-9:45am	OPEN (Shallow Only)
			Thurs	9:45-11:00am	OPEN SWIM
			Thurs	11:45-12:30pm	OPEN (Shallow Only)
			Thurs	12:30-2:30pm	GROUP SWIM
			Thurs	2:30-6:00pm	OPEN SWIM
			Thurs	6:00-7:00pm	OPEN (Shallow Only)
			Fri	6:00-12:30pm	OPEN SWIM
			Fri	12:30-2:30pm	GROUP SWIM
			Fri	2:30-3:00pm	OPEN SWIM

Revised 10/8/18