

MAKE-UP CLASS OPTIONS WINTER 2019

Day	Class	Time	Pool
Mon	Water Yoga	6:45am-7:30am	1
Mon	Gentle Fitness	7:30am-8:15am	1
Mon	Gentle DW	9:15am-10:00am	2
Mon	Deep Water (DW)	12:00pm-12:45pm	2
Mon	Joint Motion	12:15pm-1:00pm	1
Mon	Joint Motion Plus	2:45pm-3:30pm	1
Mon	Aqua Mix	4:00pm-4:45pm	2
Mon	Deep Water (DW)	5:00pm-5:45pm	2
Mon	Aqua Fit	6:00pm-6:45pm	1
Mon	Pain Management	6:45pm-7:30pm	1
Tues	Aqua Fit	6:45am-7:30am	1
Tues	Gentle Fitness	8:00am-8:45am	1
Tues	Joint Motion	9:00am-9:45am	1
Tues	Gentle DW	9:15am-10:00am	2
Tues	Joint Motion	10:45am-11:00am	1
Tues	Deep Water (DW)	12:00pm-12:45pm	2
Tues	Aqua Zumba	12:15pm-1:00pm	1
Tues	Aqua Fit	6:45pm-7:30pm	1
Wed	Deep Water (DW)	6:45am-7:30am	2
Wed	Gentle DW	9:15am-10:00am	1
Wed	Back in Action	10:45am-11:30am	1
Wed	Deep Water (DW)	12:00pm-12:45pm	2
Wed	Pain Management	12:15pm-1:00pm	1
Wed	Joint Motion Plus	2:45pm-3:30pm	1
Wed	Joint Motion	4:15pm-5:00pm	1
Thurs	Aqua Fit	6:45am-7:30am	1
Thurs	Gentle Fitness	8:00am-8:45am	1
Thurs	Gentle DW	9:15am-10:00am	2
Thurs	Joint Motion	9:00am-9:45am	1
Thurs	Joint Motion	10:45am-11:30am	1
Thurs	Deep Water (DW)	12:00pm-12:45pm	2
Thurs	Water Yoga	12:15pm-1:00pm	1
Thurs	H2O Hip & Knee	1:00pm-1:45pm	1
Fri	Water Yoga	6:45am-7:30am	1
Fri	Gentle Fitness	7:30am-8:15am	1
Fri	Joint Motion Plus	9:00am-9:45am	1
Fri	Back in Action	10:45am-11:30am	1
Updated 1/14/19			

Open Swim/IE WINTER Schedule 2019

Day	Pool 1	OPEN/IE	Day	Pool 2	OPEN/GROUP
Mon	8:15am-9:00 am	IE	Mon	6:00am-9:15am	OPEN SWIM
Mon	11:30am-12:15pm	IE	Mon	9:15am-10:00am	OPEN (Shallow Only)
Mon	3:30pm-4:15pm	IE	Mon	10:00am-11:00am	OPEN SWIM
			Mon	11:00am-11:45am	OPEN (Deep Only)
Tues	11:30am-12:15pm	IE	Mon	12:00-1:00pm	OPEN (Shallow Only)
Tues	2:45pm-3:30pm	IE	Mon	1:00pm-2:00pm	GROUP SWIM
			Mon	2:00pm-4:00pm	OPEN SWIM
Wed	8:15am-9:00am	IE	Mon	5:00pm-5:45pm	OPEN (Shallow Only)
Wed	11:30am-12:15pm	IE	Mon	5:45pm-7:30pm	OPEN SWIM
Wed	3:30pm-4:15pm	IE			
			Tues	6:00am-9:15am	OPEN SWIM
Thurs	11:30am-12:15pm	IE	Tues	9:15am-10:00am	OPEN (Shallow Only)
Thurs	2:45pm-3:30pm	IE	Tues	10:00am-12:00pm	OPEN SWIM
			Tues	12:00pm-1:00pm	OPEN (Shallow Only)
Fri	8:15am-9:00am	IE	Tues	1:00pm-2:00pm	GROUP SWIM
Fri	11:30am-1:45pm	IE	Tues	2:00pm-4:00pm	OPEN SWIM
			Tues	5:45pm-7:30pm	OPEN SWIM
			Wed	6:00am-6:45am	OPEN SWIM
			Wed	6:45am-7:30am	OPEN (Shallow Only)
			Wed	7:30am-9:15am	OPEN SWIM
			Wed	9:15am-10:00am	OPEN (Shallow Only)
			Wed	10:00am-11:00am	OPEN SWIM
			Wed	11:00am-11:45am	OPEN (Deep Only)
			Wed	12:00pm-1:00pm	OPEN (Shallow Only)
			Wed	1:00pm-2:00pm	GROUP SWIM
			Wed	2:00pm-4:30pm	OPEN SWIM
			Wed	5:30pm-7:30pm	OPEN (Shallow Only)
			Thurs	6:00am-9:15am	OPEN SWIM
			Thurs	9:15am-10:00am	OPEN (Shallow Only)
			Thurs	10:00am-12:00pm	OPEN SWIM
			Thurs	12:00pm-1:00pm	OPEN (Shallow Only)
			Thurs	1:00pm-2:00pm	GROUP SWIM
			Thurs	2:00pm-6:00pm	OPEN SWIM
			Thurs	6:00pm-6:45pm	OPEN (Shallow Only)
			Thurs	6:45pm-7:30pm	OPEN SWIM
			Fri	6:00am-1:00pm	OPEN SWIM
			Fri	1:00pm-2:00pm	GROUP SWIM
			Fri	2:00pm-3:00pm	OPEN SWIM
Revised 1/14/19					

Aquatic Center - Pool 1 Schedule WINTER - January 2 to March 29, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
6:45 - 7:30 am Water Yoga (Pia)	6:45 - 7:30 am Aqua Fit (Jack)	7:30 - 8:15 am Aqua Fit (Betty)	6:45 - 7:30 am Aqua Fit (Pia)	6:45 - 7:30 am Water Yoga (Jack)	
7:30 - 8:15 am Gentle Fit (Betty)	8:00 - 8:45 am Gentle Fit (Betz)	8:15-9:00 am IE	8:00 - 8:45 am Gentle Fit (Betz)	7:30 - 8:15 am Gentle Fit (Mary Lou)	
8:15-9:00 am IE	9:00 - 9:45 am Joint Motion (Betz)	9:00 - 9:45 am P&C 1 (Stacey)	9:00 - 9:45 am Joint Motion (Betz)	8:15-9:00 am IE	
9:00 - 9:45 am P&C 1 (Stacey)	9:45 - 10:45 am Adult Services/Childcare	9:45 - 10:45 am Adult Services/Childcare	9:45 - 10:45 am Adult Services/Childcare	9:00 - 9:45 am JM Plus (Jack)	
9:45 - 10:45 am Adult Services/Childcare	10:45 - 11:30 am Joint Motion (Betz)	10:45 - 11:30 am Back In Action (Pia)	10:45 - 11:30 am Joint Motion (Betz)	9:45 - 10:45 am Adult Services/Childcare	
10:45 - 11:30 am Back In Action (Stacey)	11:30 - 12:15 pm IE	11:30 - 12:15 pm IE	11:30 - 12:15 pm IE	10:45 - 11:30 am Back In Action (Stacey)	
11:30 - 12:15 pm IE	12:15 - 1:00 pm Aqua Zumba (Stacey)	12:15 - 1:00 pm Pain Mngmnt (Bonnie)	12:15 - 1:00 pm Water Yoga (Elaine)	11:30 - 1:45 pm IE	
12:15 - 1:00 pm Joint Motion (Stacey)	1:00 - 1:45 pm Hip & Knee (Stacey)	1:00 - 1:45 pm Memory Waves (Betty)	1:00 - 1:45 pm Hip & Knee (Stacey)	1:45 - 2:45 pm Adult Services/Childcare	
1:00 - 1:45 pm Moving Ahead	1:45 - 2:45 pm Adult Services/Childcare	1:45 - 2:45 pm Adult Services/Childcare	1:45 - 2:45 pm Adult Services/Childcare	Revised 1/14/19	
1:45 - 2:45 pm Adult Services/Childcare	2:45 - 3:30 pm IE	2:45 - 3:30 pm JM Plus (Elaine)	2:45 - 3:30 pm IE		
2:45 - 3:30 pm JM Plus (Mary Lou)	3:30 - 4:15 pm Moving Ahead	3:30 - 4:15 pm IE	3:30 - 4:15 pm WET VETS (Jack)		
3:30 - 4:15 pm IE	4:15 - 5:00 pm P&C 1 (Elaine)	4:15 - 5:00 pm Joint Motion (Tina)	4:15 - 5:00 pm SN		
4:15 - 5:00 pm SN P&C (Mary Lou)	5:00 - 5:45 pm P&C 2 (Taylor)	5:15 - 6:00 pm P&C 1 (Tina)	5:00 - 5:45 pm SN		
5:15 - 6:00 pm P&C 1 (Tina)	5:45 - 6:30 pm P&C 1 (Taylor)	6:00 - 6:45 pm SN	5:45 - 6:30 pm P&C 1 (Hannah)		
6:00 - 6:45 pm Aqua Fit (Ceilidh)	6:45 - 7:30 pm Aqua Fit (Mary Lou)	6:45 - 7:30 pm SN			
6:45 - 7:30 pm Pain Mngmnt (Ceilidh)					
Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 7:30 pm	Pool Closes at 6:30 pm		Pool Closes at 2:45 pm

IE - Independent Exercise / *See signs at reception desk for special events/deviations from published schedule.

