

SESSION I WATER FITNESS CLASSES

September 16 - November 3

Classes in salmon are paid classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:45 AM Tone-N-Flex Susan	7:00 - 7:45 AM Stretch and Flex Wanda	7:00 - 7:45 AM Tone-N-Flex Susan	7:00 - 7:45 AM Stretch and Flex Melissa	7:00 - 7:45 AM Tone-N-Flex Susan		
8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Tone-N-Flex Wanda	8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Tone-N-Flex Melissa	8:00 - 8:45 AM Tone-N-Flex Susan	8:00 - 8:45 AM Aqua Zumba Heather September 14, 28 October 12, 26	
9:00 - 9:45 AM Water Cardio	9:00 - 9:45 AM Water Pilates Kristi	9:00 - 9:45 AM Water Cardio Kathy	9:00 - 9:45 AM Water Pilates Kristi	9:00 - 9:45 AM Water Cardio		10:30 - 11:15 AM AquaFit Bonnie
11:00 AM - 12:00 PM WIM-Platinum Teresa	11:00 - 11:45 AM Arthritis Teresa	11:00 - 11:45 AM Deep Water Teresa	11:00 - 11:45 AM Arthritis Teresa	11:00 AM - 12:00 PM WIM-Platinum Teresa	8:00 - 8:45 AM WIM Heather September 21 October 5, 19	11:45 AM - 12:30 PM Aqua Stand Up Bonnie
	11:00 - 11:45 AM Deep Water Kristi	11:00 - 11:45 AM Water Cardio Patty	11:00 - 11:45 AM Deep Water Kristi			
1:00 - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie	12:00 - 1:00 PM WIM Patty	1:00 - 1:45 PM Arthritis Joie	9:15 - 9:45 AM Aqua Stand Up Kelly	
6:30 - 7:30 PM WIM Teddy	7:00 - 8:00 PM Water Cardio Linda	3:00 - 4:00 PM Aqua Stand Up Patty	4:00 - 5:00 PM Aqua Stand Up Teresa			5:00 - 6:00 PM Aqua Stand Up Heather
	8:00 - 9:00 PM Aqua Fit Bonnie	7:00 - 8:00 PM Water Cardio Susan E.	7:00 - 8:00 PM Water Cardio Linda			

SESSION I OPEN SWIM SCHEDULE

September 16 - November 3

Open lanes are for lap swim only.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM - 7:00 AM	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open	4 Lanes Open		
7:00 AM - 8:00 AM	2 Lanes Open	3 Lanes Open	2 Lanes Open	3 Lanes Open	2 Lanes Open		
8:00 AM - 9:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open; Half Open Area
9:00 AM - 10:00 AM	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	1 Lane Open	2 Lanes Open	2 Lanes Open; Half Open Area
10:00 AM - 11:00 AM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open	1 Lane Open	2 Lanes Open
11:00 AM - 12:00 PM	1 Lane Open	Closed	1 Lane Open	Closed	1 Lane Open	1 Lane Open	2 Lanes Open
12:00 PM - 1:00 PM	3 Lanes Open; Half Open Area	2 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open
1:00 PM - 2:00 PM	Closed	Closed	Closed	Closed	Closed	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
2:00 PM - 2:30 PM	3 Lanes Open; Half Open Area	2 Lanes Open; Deep End Open	2 Lanes Open; Half Open Area	2 Lanes Open; Deep End Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
2:30 PM - 3:00 PM	3 Lanes Open; Half Open Area	2 Lanes Open; Deep End Open	3 Lanes Open	2 Lanes Open; Deep End Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
3:00 PM - 3:30 PM	3 Lanes Open; Half Open Area	2 Lanes Open; Deep End Open	3 Lanes Open	2 Lanes Open; Deep End Open	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
3:30 PM - 4:00 PM	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	3 Lanes Open	2 Lanes Open; Half Open Area	3 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
4:00 PM - 4:30 PM	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	1 Lane Open	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
4:30 PM - 5:00 PM	1 Lane Open	2 Lanes Open; Half Open Area	1 Lane Open	2 Lanes Open	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area	2 Lanes Open; Half Open Area
5:00 PM - 6:00 PM	1 Lane Open	2 Lanes Open; Half Open Area	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area		3 Lanes Open
6:00 PM - 6:30 PM	2 Lanes Open	2 Lanes Open; Half Open Area	1 Lane Open	1 Lane Open	2 Lanes Open; Half Open Area		3 Lanes Open
6:30 PM - 7:00 PM	1 Lane Open	2 Lanes Open; Half Open Area	1 Lane Open; Half Open Area	1 Lane Open			2 Lanes Open; Half Open Area
7:00 PM - 7:30 PM	2 Lanes Open	2 Lanes Open	2 Lanes Open	2 Lanes Open			
7:30 PM - 8:00 PM	Closed	2 Lanes Open	2 Lanes Open	2 Lanes Open			
8:00 PM - 9:30 PM	3 Lanes Open; Half Open Area	3 Lanes Open	3 Lanes Open; Half Open Area	3 Lanes Open; Half Open Area			

Aqua Fit improves overall strength and endurance using water resistance and low-impact training in shallow water while increasing range of motion.

Aqua Stand Up is our first paid Small Group Training aquatics class. It combines balance and strength on a paddle board in the pool.

Aqua Zumba combines dance, cardio, and body toning to mostly Latin music.

Arthritis is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

Deep Water is a non-impact, cardio class using flotation devices in deep water.

Stretch-N-Flex is a mild cardio class designed to improve balance and stamina. Takes place in shallow water.

Tone-N-Flex is a higher cardio class that also works your muscles.

Water Cardio is a fast-paced cardio workout in the shallow end.

Water in Motion (WIM) is a high-energy, calorie-burning workout.

Water in Motion (WIM) Platinum is a shallow water, low-impact class that offers deconditioned participants a fun workout.

Water Pilates will tone and strengthen core muscles to improve balance and posture.