

THE WELLNESS CENTER POOL SCHEDULE No late entry into aqua classes 30 minutes after start of class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–9 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9:30 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9:30 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	5:30–9 a.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	8–8:30 a.m. Lap Swim	11 a.m.–1:30 p.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim
9–10 a.m. Water Aerobics	9:30–10:30 a.m. Water Aerobics	9–10 a.m. Water Aerobics	9:30–10:30 a.m. Water Aerobics	9–10 a.m. Water Aerobics	8:35–9:30 a.m. Water Aerobics	1:30–4:30 p.m. Lanes 1&2: Free Swim Lane 3: Lap Swim
10:05–11 a.m. Water Aerobics	10:35–11:30 a.m. Senior Water Aerobics	10:05–11 a.m. Water Aerobics	10:35–11:30 a.m. Senior Water Aerobics	10:05–11 a.m. Water Aerobics	9:30–10:30 a.m. Water Aerobics	
11:05 a.m.–noon Lanes 1 & 2: Water Therapy Lane 3: Free Swim	11:35 a.m.–noon Free Swim	11 a.m.–noon Lanes 1 & 2: Water Therapy Lane 3: Free Swim	11:30 a.m.–noon Free Swim	11 a.m.–noon Lanes 1 & 2: Water Therapy Lane 3: Free Swim	10:35–3:30 p.m. Lane 1: Free Swim Lanes 2 & 3: Lap Swim	The classes highlighted have a separate fee. They are open to members and non-members.
noon–1 p.m. Lap Swim	noon–1 p.m. Water Aerobics: Arthritis Plus	noon–1 p.m. Lap Swim	noon–1 p.m. Water Aerobics: Arthritis Plus	noon–1 p.m. Lap Swim		
1:05–2 p.m. Water Aerobics: Arthritis Plus	1–2 p.m. Lane 1: Water Therapy Lanes 2 & 3: Lap Swim	1:05–2 p.m. Water Aerobics: Arthritis Plus	1–2 p.m. Lane 1: Water Therapy Lanes 2 & 3: Lap Swim	1:05–2 p.m. Water Aerobics: Arthritis Plus		
2–3 p.m. Free Swim	2–4 p.m. Lanes 1 & 2: Water Therapy Lane 3: Free Swim	2–4 p.m. Free Swim	2–4 p.m. Lanes 1 & 2: Water Therapy Lane 3: Free Swim	2–3 p.m. Free Swim		
3:05–4 p.m. Aqua Yoga	4–5 p.m. Lap Swim	4:05–5 p.m. Water Aerobics	4–5 p.m. Lap Swim	3:05–4 p.m. Aqua Yoga		
4:05–5 p.m. Water Aerobics	5:05–6 p.m. Water Aerobics	5:05–6 p.m. Lap Swim	5:05–6 p.m. Water Aerobics	5:05–7 p.m. Lap Swim		
5–6 p.m. Lap Swim	6:05–7 p.m. Private Lessons	6:05–7 p.m. Private Lessons	6:05–7 p.m. Private Lessons	7–8 p.m. Pregnancy Water Aerobics		
6–7 p.m. Private Lessons	7:05–8 p.m. Water Aerobics	7:05–8 p.m. Water Aerobics	7:05–8 p.m. Water Aerobics	8:05–8:35 p.m. Lap Swim		
7:05–8 p.m. Water Aerobics	7:05–8:35 p.m. Lap Swim	8:05–8:30 p.m. Lap Swim	7:05–8:30 p.m. Lap Swim			
8:05–8:35 p.m. Lap Swim						

