

ADULT AQUATICS & SPORTS AT-A-GLANCE (19 years & older)

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
Aquatics - Adult										
Adult Lessons		6:00-6:45 pm					25	75	Cool Pool	33
Lifeguard Class	Spring Session 1			4:30-9:00 pm			140	180	Heritage Rm/Cool Pool	33
WIMPS		7:00-8:30 pm					FREE	n/a	Cool Pool	33
Tri-Swim				6:00-7:00 pm			28	84	Cool Pool	33
MS Aquatic Ex		10:30-11:15 am		10:30-11:15 am			28	84	Cool Pool	34
Fibromyalgia Aqua Ex	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		37	111	Warm Pool	34
Fibromyalgia Aqua Ex	11:15 am-Noon		11:15 am-Noon		11:15 am-Noon		37	111	Warm Pool	34
Fibromyalgia Aqua Ex	5:15-6:00 pm		5:00-5:45 pm				28	84	Warm Pool	34
Slow & Easy	8:15-9:00 am		8:15-9:00 am		8:15-9:00 am		37	111	Warm Pool	34
Slow & Easy	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		37	111	Warm Pool	34
Slow & Easy	11:15 am-Noon		11:15 am-Noon		11:15 am-Noon		37	111	Warm Pool	34
Slow & Easy	5:15-6:00 pm		5:00-5:45 pm		5:00-5:45 pm		37	111	Warm Pool	34
Slow & Easy		11:15 am-Noon		11:15 am-Noon			28	84	Warm Pool	34
Aquatics - Adult										
Ai Chi				8:30-9:15 am			21	63	Warm Pool	34
Ai Chi		6:00-6:45 pm					21	63	Warm Pool	34
Yoqua	8:00-8:45 pm						21	63	Warm Pool	34
Yoqua		9:30-10:15 am					21	63	Warm Pool	34
Deep Water Exercise	7:30-8:30 am		7:30-8:30 am		7:30-8:30 am		37	111	Cool Pool	35
Deep Water Exercise	8:35-9:35 am		8:35-9:35 am		8:35-9:35 am		37	111	Cool Pool	35
Deep Water Exercise		8:00-9:00 am		8:00-9:00 am			28	84	Cool Pool	35
Deep Water Exercise		4:00-5:00 pm		4:00-5:00 pm			28	84	Cool Pool	35
Deep Water Exercise						8:30-9:30 am	FREE	*	Cool Pool	35
High Energy	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		37	111	Cool Pool	35
High Energy	6:30-7:15 pm		6:30-7:15 pm				28	84	Cool Pool	35
High Energy		8:00-9:00 am		8:00-9:00 am			28	84	Cool Pool	35
High Energy						8:30-9:30 am	FREE	*	Cool Pool	35
Water Walk	8:15-9:15 am		8:15-9:15 am		8:15-9:15 am		37	111	Cool Pool	35
Aqua Boot Camp	6:00-6:30 pm		6:00-6:30 pm				28	84	Cool Pool	35
Sports										
Tae Kwon Do	6:00-7:00 pm		6:00-7:00 pm				40	80	Mississippi Room	36

*Aquatic Punch Pass required, see page 33.