



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

WATER EXERCISE

A TOTAL WORKOUT!

Monday	Tuesday	Wednesday	Thursday	Friday
Water Exercise 8-9 am	Water Exercise 8-9 am	Water Exercise 8-9 am	Water Exercise 8-9 am	Water Exercise 8-9 am
		Water Exercise 9:30-10:30 am		
	Water Exercise 6:15-7:15 pm		Water Exercise 6:15-7:15 pm	
		Water Boot Camp 7-8 pm		



Water Exercise classes will be provided three lap lanes of the pool if there are 17 or more participants in the class prior to class start time. All other times, Water Exercise will benefit from use of two lap lanes for class.