



# FAMILY AQUATIC CENTER SCHEDULE

FALL 2021

October 1-December 19, except for holidays, special events and swim meets.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE
5:30														
6:00														
6:30	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am			LAP SWIMMING	WATER WALKING 7-8am
7:30											LAP SWIMMING	WATER WALKING 7-8am	LAP SWIMMING	WATER WALKING 7-8am
8:00														
8:30	FLUID RUNNING 8-8:55am			AQUA BATA 8-8:50am	FLUID RUNNING 8-8:55am			PILATES PLUS AQUA 8-8:50am	FLUID RUNNING 8-8:55am					
9:00		AQUA CARDIOTONE 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am		AQUA FUSION 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am		AQUA CARDIOTONE 9-9:50am				
9:30														
10:00	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LIMITED LANES SWIM LESSONS 8-Noon		LIMITED LANES SWIM LESSONS 8-Noon	
10:30		AQUA LOW IMPACT 11-11:50pm		AQUA LOW IMPACT 11-11:50am		AQUA CARDIOTONE 11-11:50am		AQUA LOW IMPACT 11-11:50am		AQUA LOW IMPACT 11-11:50am				
11:00														
11:30														
12:00														
12:30						AQUA LOW IMPACT 12-12:50pm								
1:00	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm			LAP SWIMMING	OPEN SWIM 12-5:30pm
1:30														
2:00														
2:30														
3:00														
3:30	LIMITED LANES SWIM LESSONS 3-5pm		LIMITED LANES SWIM LESSONS 3-5pm		LIMITED LANES SWIM LESSONS 3-5pm		LIMITED LANES SWIM LESSONS 3-5pm			OPEN SWIM 12-8pm			LAP SWIMMING	OPEN SWIM 12-5:30pm
4:00										WATER SLIDE ON AT 4PM				WATER SLIDE ON
4:30														
5:00														
5:30														
6:00	SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8pm					
6:30													PRIVATE RENTAL 6-8pm	PRIVATE RENTAL 6-8pm
7:00														
7:30	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES							
8:00		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm						
8:30	LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm							
9:00														
9:30														

**Non-Member Admission Fee:**

Resident: \$10 | Non-Resident: \$12 | Children 2 and under are free.

There will be no lap swimming Mon-Thur 5-7pm and weekday mornings during Fluid Running. We will do our best to ensure at least 2 lanes are available during all other programming time slots as noted with LIMITED LANES above.





# AQUATIC CLASSES SCHEDULE



FALL 2021

October 1-December 19, except for holidays, special events and swim meets.

## MONDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

## TUESDAY:

CLASS	TIME
AquaBata (HIIT and tabata intervals)	8-8:50am
Fluid Running	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

## WEDNESDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Fusion (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am
Aqua Low Impact	12-12:50pm

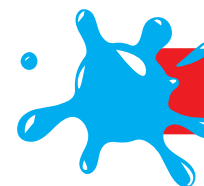
## THURSDAY:

CLASS	TIME
Pilates Plus Aqua	8-8:50am
Fluid Running (Senior Class)	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

## FRIDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

Magenta classes are taught by Kathy  
Blue classes are taught by Shelly



See Family Aquatic Center  
Schedule on the backside.

