

Adult Aquatic Class Schedule

Free for Members. Non-Member Fee covers one class per week during a 10 week program session.

Class	Mon	Tue	Wed	Thur	Fri	Non member Fee
Ai-Chi (Easy level) July 7 to August 22	8:15-9:00am		8:15-9:00am		8:15-9:00am	\$34.00
Active Older Adult (Intermediate level) July 7 to August 22	9:00-10:00am		9:00-10:00am		9:00-10:00am	\$56.00
Aqua Fitness (Intermediate / Hard level) July 8 to August 21		9:00-10:00am		9:00-10:00am 7:00-8:00pm		\$56.00
Deep Water Exercise (Hard level) July 7 to August 22	10:00-11:00am		10:00-11:00am 7:00-8:00pm		10:00-11:00am	\$56.00
Pre-Natal Aqua Fitness (Intermediate level) July 8 to August 19		10:00-11:00am				\$56.00
Just Running (Very Hard level) July 8 to August 21		9:00-10:00am 8:00-9:00pm		6:00-7:00am 9:00-10:00am 8:00-9:00pm		\$56.00
Shallow Water Arthritis (Easy level) July 7 to August 22	11:15am-12:00pm	8:00-9:00am	11:15am-12:00pm	8:00-9:00am	9:00-10:00am 11:00-11:45am	\$34.00
Deep Water Arthritis (Intermediate level) July 8 to August 22		11:00-11:45am 7:00-8:00pm		11:00-11:45am	11:00-11:45am	\$34.00
Adult Lessons					6:30-7:15pm	Members Only
Senior Adult Beginner Lessons July 10 to August 22				10:00-10:30am		\$34.00
Senior Adult Intermediate Lessons July 10 to August 22				10:00-10:30am		\$34.00