

AQUATICS Schedule

SOUTH September 7th - 30th, 2010

MONDAY			
CLASS	POOL	TIME	INSTRUCTOR
Lap Swim	B	5:00a-6:00a	
Masters	E	6:00a-7:00a	Nick
Lap Swim	I	6:00a-7:00a	
Lap Swim	O	7:00a-9:00a	
Deep H2O Power	I	7:00a-8:00a	Marcia
Core Strength and Stretch	I	8:00-8:30am	Deborah
SUMMER CAMP!	O	9:00a-10:00a	Deborah
Deep H2O Power	I	9:00a-10:00a	Carisa
Lap Swim	B	10:00a-12:00p	
Masters Lite	E	12:00p-1:00p	Nick
Lap Swim	O	1:00p-4:15p	
Lap Swim	I	1:00p-2:00p	
Silver Splash	I	2:00p-3:00p	Marcia
Swim Lessons	E	4:15 - 5:45p	
Kicked Up!!!	E	6:00-7:00pm	Melissa
Open Swim	B	7:00-10:00pm	

TUESDAY			
CLASS	POOL	TIME	INSTRUCTOR
Lap Swim	B	5:00a-8:00a	
Aqua Fit	E	8:00a-9:00a	Pam
Silver Splash	E	9:00a-10:00a	Pam
Lap Swim	B	10:00a-4:15p	
Swim Team Red Team	E	4:15p-5:15p	
Swim Team Black Team	E	5:15p-6:15p	
Masters Lite	E	6:15p-7:15p	Tony
Open Swim	B	7:15p-10:00p	

WEDNESDAY			
CLASS	POOL	TIME	INSTRUCTOR
Lap Swim	B	5:00a-6:00a	
Masters	O	6:00a-7:00a	Nick
Lap Swim	I	6:00a-7:30a	
Lap Swim	O	7:00a-9:00a	
Deep H2O Power	I	7:00-8:00am	Deborah
Core Strength and Stretch	I	8:00-8:30am	Deborah
SUMMER CAMP!	E	9:00a-10:00a	Marcia
Lap Swim	B	10:00a-12:00p	
Masters Lite	E	12:00p-1:00p	Nick
Lap Swim	O	1:00p-4:15p	
Lap Swim	I	1:00p-2:00p	
Silver Splash	I	2:00p-3:00p	Marcia
Swim Lessons	E	4:15 - 5:45p	

WEDNESDAY (cont.)			
CLASS	POOL	TIME	INSTRUCTOR
Cardio Challenge	E	6:00-7:00pm	Kathy
Open Swim	B	7:00-10:00pm	

THURSDAY			
CLASS	POOL	TIME	INSTRUCTOR
Lap Swim	B	5:00a-8:00a	
Aqua Fit	E	8:00a-9:00a	Pam
Silver Splash	E	9:00a-10:00a	Pam
Lap Swim	B	10:00a-4:15p	
Swim Team Red Team	E	4:15p-5:15p	
Swim Team Black Team	E	5:15p-6:15p	
Masters Lite	E	6:15p-7:15p	Tony
Open Swim	B	7:15p-10:00p	

FRIDAY			
CLASS	POOL	TIME	INSTRUCTOR
Lap Swim	B	5:00a-6:00a	
Masters	O	6:00a-7:00a	Nick
Lap Swim	I	6:00a-7:30a	
Lap Swim	O	7:00a-9:00a	
Deep H2O Power	I	7:00a-8:00a	Marcia
SUMMER CAMP!	O	9:00a-10:00a	Carisa
Lap Swim	B	10:00a-7:00p	
Open Swim	B	7:00p-10:00p	

SATURDAY			
CLASS	TIME	INSTRUCTOR	
Lap Swim	B	6:00a-7:30a	
Adult Group Lessons	E	7:30a-9:00a	See MAG
Aqua Fit	E	9:30a-10:30a	Deanna
Swim Lessons	E	11:00a-12:30p	
Lap Swim	B	12:30p-6:00p	
Open Swim	B	3:00p-9:00p	

SUNDAY		
CLASS	TIME	INSTRUCTOR
Lap Swim	B	7:00-10:00am
Open Swim	B	10:00-9:00pm

PLEASE NOTE: In order to make the most efficient use of our space, we may discontinue classes if there are under 8 participants for four consecutive weeks. Thank you for your

KEY

- B = Both Pools used
- E = Pool use determined by weather
- Other pool used for lap swim
- I = Indoor Pool
- O = Outdoor Pool

Summer H2O Fitness Classes:

* No swimming skills needed

SUMMER CAMP!

Make this the summer to remember. This class is a high intensity workout designed to get you in shape. It is a mix of cardio, strength, and intervals.

Deep H2O Power

This is a high intensity no-impact workout. A toning and cardio workout that gets your blood pumping!

Aqua Fit

A well rounded workout for all ages and abilities

Cardio Challenge

Get your heart rate up before dinner! This high intensity class mixes up intervals, strength, kick boxing, and fun for a great workout.

Silver Splash

We offer lots of fun and shallow water moves to improve agility, flexibility, and cardio endurance.

Kicked Up!!!

A high intensity water class that emphasizes on cardio, both shallow and deep water.

Core Strength and Stretch

The basic principles of Pilates combined with H2O. Focus on strength, flexibility and posture.

