

AQUATICS PROGRAMMING AUGUST 2017

MONDAYS

10:30 a.m.-11:45 a.m.: Deep water buoyancy and cardio ball. \$3.

4:30 p.m.-6:00 p.m.: Swim For Fitness and Open Water Training. \$3. Ends August 14th.

TUESDAYS

10:30 a.m.-11:30 a.m.: Shallow water aerobics.

WEDNESDAYS

10:30 a.m.-11:30 a.m.: Swim for Fitness. \$3. Ends August 16th.

5:00 p.m.-6:00 p.m.: Shallow water aerobics

THURSDAYS

10:30 a.m.-11:45 a.m.: Deep water buoyancy and cardio ball. \$3.

6:00 p.m.-7:45p.m.: Family Open Swim: Non-members pay \$10 per family.

FRIDAYS

10:30 a.m.-11:30 a.m.: Cardio Pool Polo. \$3.

12:00 p.m.-1:00 p.m.: Shallow water aerobics.

6:00 p.m.-7:45p.m.: Family Open Swim: Non- members pay \$10 per family

SATURDAYS

9:00 a.m.-10:00 a.m.: Youth and Parent Coached Lap Swim. \$3.

10:00 a.m.-11:00 a.m.: Youth and Parent Water Aerobics. \$3.

5:00 p.m.-6:45p.m.: Family Open Swim: Non-members pay \$10 per family.

SUNDAYS

5:00 p.m.-6:45 p.m.: Family Open Swim: Non-members pay \$10 per family.

SPECIAL EVENTS:

- Family Fun Night August 4th: 5:45 p.m.-7:30 p.m. Non- members pay \$10 per family.
- Summer Recreation Program Monday, Tuesday, and Wednesday: 1:00 p.m.-4:00 p.m. Ends on August 9th.
- Swim Lessons Monday, Tuesday, Thursday, Friday August 7th-18th: 9:00 a.m.-11:30 a.m.
- Youth Swim Camp Monday August 14th- Wednesday August 16th. 1:00 p.m.-4:00 p.m.

SCHEDULED POOL PARTIES: