

June 2018 Aquatics Schedule

Find Your Fit in the Catskills

Monday

9:00am-10:00am: Shallow Water Aerobics

10:30am-11:45am: Deep Water Buoyancy and Cardio Ball

4:00pm-6:30pm: Youth Swim

Tuesday

10:30am-11:30am: Shallow Water Aerobics

Wednesday

4:00pm-5:00pm: Shallow Water Aerobics

6:00pm-7:45pm: Family Open Swim - non-members \$10 per family

Thursday

10:30am-11:45am: Deep Water Aerobics and Cardio Ball \$3

6:00pm-7:45pm: Family Open Swim

Friday

10:30am-11:30am: Advanced Deep Water Buoyancy \$3

12:00pm-1:00pm: Shallow Water Aerobics

