

Aquatics Schedule—Through August 4th, 2018

Find Your Fit in the Catskills

Monday

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

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

5:15pm – 6:15pm: Youth Swim Club *\$6.25

6:30pm – 7:30pm: Masters Swim with Taylor *\$3

Tuesday

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

Wednesday

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

4:30pm – 5:30pm: Swim for Fitness with Taylor *\$3

5:45pm – 6:45pm: Youth Swim Club with Taylor *\$6.25

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