

AQUATICS SCHEDULE – THROUGH SEPTEMBER 29, 2018

Below you will find a list of the scheduled aquatic classes.

- There are three lap lanes available for swimming when classes are taking place.
- There are four lap lanes available when there are not classes taking place.
- There is lap swimming available:
 - Monday through Friday from 6am to 7:45pm
 - Saturday and Sunday from 8:30am to 6:45pm

MONDAY

9am-10am: Shallow Water Aerobics with Cheryl

10:30am-11:30am: Deep Water Buoyancy with April * \$3

11:30am-12:30pm: Advanced Deep Water Buoyancy* \$3

5:15pm-6:15pm: Youth Swim Club with Jason* \$6.25

TUESDAY

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

WEDNESDAY

10:30am-11:30: PULO (Pool Polo) with April Every other Wednesday* \$3
(Aug 22 Next class)

4pm-5pm: Shallow Water Aerobics with Cheryl

6pm-7:45pm: Family Open Swim – Non-members* \$10 per Family

THURSDAY

10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April * \$3

6pm-7:45pm: Family Open Swim – Non-members * \$10 per Family

FRIDAY

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

12pm-1pm: Shallow Water Aerobics with Kathy

Catskill Recreation Center

651 County Highway 38, Arkville, NY (845-586-6250) M-F 6am-8pm/S&S 8:30am-7pm

Please visit catskillrecreationcenter.org for updated class announcements.