

Aquatics Schedule
Through September 29, 2018
Find Your Fit in the Catskills

Monday

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

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

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

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

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 Buoyancy 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