

January

AQUATICS CLASS SCHEDULE

Below you will find a list of the scheduled aquatic classes.
All classes are \$3.00 unless marked otherwise.

- There are three lap lanes available for swimming when classes are taking place.
- There are four lap lanes available when there are no classes taking place.
- There is lap swimming available:
 - Monday through Friday from 6:00am to 7:45pm
 - Saturday and Sunday from 8:30am to 6:45pm

MONDAY

9:00am-10:00am: Shallow Water Aerobics with Cheryl
10:30am-11:30am: Deep Water Buoyancy with April
11:30am-12:30pm: Advanced Deep Water Buoyancy with April
5:15pm-6:15pm: Youth Swim Club* \$7.50 (\$50 pre-registration for full 8 weeks)
6:30pm- 7:30pm: Triathlon Club Swim Practice (Starts January 14th)

TUESDAY

9:00am-10:00am: Salsaerobics with Maria
3:45pm- 4:45pm: Margaretville School CROP Program (in pool starting 1/15 to 3/7)
5:30pm – 6:30pm: Adult Swim Lessons
6:30pm– 7:30pm: Advanced Deep Water Buoyancy with Rose

WEDNESDAY

9:00am – 10:00am: Shallow Water Aerobics with Cheryl
2:00pm – 3:00pm: Adult Swim Lessons
4:30pm – 6:30pm: Group Swim Lessons

THURSDAY

9:30am – 10:30am: Adult Swim Lessons
10:30am-11:45am: Deep Water Buoyancy & Cardio Ball Workout with April
3:45pm- 4:45pm: Margaretville School CROP Program (in pool starting 1/15 to 3/7)
5:30pm – 6:30pm: Shallow Water Aerobics with Rose

FRIDAY

10:30am-11:30am: Advanced Deep Water Buoyancy with April
12:00pm-1:00pm: Shallow Water Aerobics with Kathy

SUNDAY

9:30am – 10:30am: Advanced Deep Water Buoyancy with Rose

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.