

Germantown Indoor Swim Center

	MONDAY 9/14 – 12/7 11 sessions Skip Days: 9/21, 11/23 *Make-up Days: 12/14, 12/21	TUESDAY 9/15 – 12/8 12 sessions Skip Days: 11/24 *Make-up Days: 12/15, 12/22	WEDNESDAY 9/16 – 12/9 12 sessions Skip Days: 11/25 *Make-up Days: 12/16, 12/23	THURSDAY 9/17 – 12/3 12 sessions Skip Days: 11/26 *Make-up Days: 12/10, 12/17	SATURDAY 9/19-10/31 7 sessions Skip Days: 11/7 *Make-up Days: 11/14, 11/21
9:30 am			Water Aerobics R01010-1038 Tania		
10:00 am	Deep Water Run R01008-107 Tania	Deep Water Run R01008-106 Sharron		Deep Water Run R01008-109 Flee	Deep Water Run R01008-120 Flee
10:30 am			Deep Water Run R01008-108 Tania		
7:50 pm	Deep Water Run R01008-110 Tania			Water Aerobics R01010-105 Tania	

*Make-ups are provided when class is cancelled by Recreation Only! There are two possible make-up days for this session.
Please ask the front desk for more information on the make-up and refund policy for water fitness.

For information about instructors or class content: WELLNESS NETWORK: [LINDA AT WELLNET1@AOL.COM](mailto:LINDA_AT_WELLNET1@AOL.COM) OR 301.924.3488