

Spring 2026 Water Fitness Schedule



WELLNESS NETWORK

www.wellnessnetworkweb.com

Olney Swim Center

16605 Georgia Ave. Olney, MD 20832

240-777-4995

	MONDAY 3/16 – 6/1 9 sessions Skip 3/30, 4/6, 5/25	TUESDAY 3/17 – 6/2 11 sessions Skip 3/31	WEDNESDAY 3/18 – 6/3 10 sessions Skip 4/1, 5/27	THURSDAY 3/19 – 6/4 11 sessions Skip 4/2	FRIDAY 3/20 – 6/5 11 sessions Skip 4/3	Saturday 3/21 – 6/6 10 Sessions Skip 3/7, 4/4, 5/23	SUNDAY 3/15 – 5/31 9 sessions Skip 3/29, 4/5, 5/24
6:30 am			Deep Water Run Betty 1008-321		Deep Water Run Betty 1008-322		
8:30 am		Deep Water Run Beth 1008-313					
9:00 am	Water Exercise Cheryl 1011-305		Water Exercise Beth 1011-306	Deep Water Run Beth 1008-317	Water Exercise Cheryl 1011-307		
9:05 am						Deep Water Running Shannon 1008-332	Aqua Cardio Dance Michelle 1003-302
9:30 am		Water Aerobics Beth 1010-302					
10:00 am	Aqua Lite Cheryl 1005-303		Aqua Lite Beth 1005-314	Water Aerobics Sharon 1010-304	Aqua Lite Cheryl 1005-305		
10:30 am		Deep Water Run Beth 1008-314					
11:00 am	Deep Water Run Betty 1008-331			Deep Water Run Sharon 1008-318			
6:20 pm					Deep Water Run Shannon 1008-320		
7:20 pm	Deep Water Run Lisa 1008-312	Water Aerobics Cheryl 1010-303	Deep Water Run Becky 1008-316	Aqua Cardio Dance Sylvie 1003-305			

ANY QUESTIONS CONTACT LINDA DIRECT AT WELLNET1@AOL.COM OR 301 924-3488 - NO MAKE UP CLASSES