

# Summer 2026 Water Fitness Schedule



**WELLNESS NETWORK**

www.wellnessnetworkweb.com

## Olney Swim Center

16605 Georgia Ave. Olney, MD 20832

240-777-4995

	<b>MONDAY</b> 6/22 – 8/3 7 sessions	<b>TUESDAY</b> 6/23 – 8/4 7 sessions	<b>WEDNESDAY</b> 6/24 – 8/5 7 sessions	<b>THURSDAY</b> 6/25 – 8/6 7 sessions	<b>FRIDAY</b> 6/26 – 8/7 7 sessions	<b>Saturday</b> 6/27 – 8/1 or 8/8 5 Sessions Skip 7/4	<b>SUNDAY</b> 6/21 – 8/2 7 sessions
6:30 am			Deep Water Run Betty 1008-524		Deep Water Run Betty 1008-529		
8:30 am		Deep Water Run Beth 1008-522					
9:00 am	Water Exercise Cheryl 1011-501		Water Exercise Beth 1011-502	Deep Water Run Beth 1008-526	Water Exercise Cheryl 1011-508		
9:05 am						Deep Water Running Shannon 1008-531	Aqua Cardio Dance Michelle 1003-503
9:30 am		Water Aerobics Beth 1010-504					
10:00 am	Aqua Lite Cheryl 1005-503		Aqua Lite Beth 1005-504	Water Aerobics Sharon 1010-506	Aqua Lite Cheryl 1005-505		
10:30 am		Deep Water Run Beth 1008-523					
11:00 am	Deep Water Run Betty 1008-520			Deep Water Run Sharon 1008-527			
6:20 pm					Deep Water Run Shannon 1008-535		
7:00 pm	Deep Water Run Lisa 1008-521	Water Aerobics Cheryl 1010-505	Deep Water Run Becky 1008-525	Aqua Cardio Dance Sylvie 1010-504			

ANY QUESTIONS CONTACT LINDA DIRECT AT [WELLNET1@AOL.COM](mailto:WELLNET1@AOL.COM) OR 301 924-3488 - NO MAKE UP CLASSES