



WEEKLY 2025 AQUATICS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1:00p - 3:25p <i>Open/Lane Swim</i></p> <p>3:30p - 4:25p <i>Aqua Aerobics</i> (Keisha L.) NO OPEN/LANE SWIM</p> <p>4:30p - 5:45p <i>Open/Lane Swim</i></p>	<p>6:00a - 8:55a <i>Open/Lane Swim</i></p> <p>9:00a - 9:55a <i>Aquafit</i> (Carol G.) NO OPEN/LANE SWIM</p> <p>10:00a - 12:00p <i>Summer Camp</i></p> <p>1:30p - 2:25p <i>Intenxional Aqua Time</i> (Morgiana W.) NO OPEN/LANE SWIM</p> <p>2:35p - 8:45p <i>Open/Lane Swim</i></p>	<p>6:00a - 8:55a <i>Open/Lane Swim</i></p> <p>9:00a - 9:55a <i>Intenxional Aqua Time</i> (Morgiana W.) NO OPEN/LANE SWIM</p> <p>10:00a - 12:00p <i>Summer Camp</i></p> <p>12:05p - 3:25p <i>Open/Lane Swim</i></p> <p>3:30p - 4:25p <i>Fitness, Friendship & Fun</i> (Barbara B.) NO OPEN/LANE SWIM</p> <p>4:30p - 8:45p <i>Open/Lane Swim</i></p>	<p>6:00a - 8:55a <i>Open/Lane Swim</i></p> <p>9:00a - 9:55a <i>Aqua FUN-damentals</i> (LaDonna J.) NO OPEN/LANE SWIM</p> <p>10:00a - 10:55a <i>Stretch/Strength</i> (Barbara H.) NO OPEN/LANE SWIM</p> <p>11:00a - 12:00p <i>Summer Camp</i></p> <p>12:05p - 1:25p <i>Open/Lane Swim</i></p> <p>1:30p - 2:25p <i>Aqua Endurance</i> (Carole S.) NO OPEN/LANE SWIM</p> <p>2:30p - 8:45p <i>Open/Lane Swim</i></p>	<p>6:00a - 8:55a <i>Open/Lane Swim</i></p> <p>9:00a - 9:55a <i>Aquafit</i> (Carol G.) NO OPEN/LANE SWIM</p> <p>10:00a - 3:25p <i>Open/Lane Swim</i></p> <p>3:30p - 4:25p <i>Stretch & Strength</i> (Barbara H.) NO OPEN/LANE SWIM</p> <p>4:30p - 8:45p <i>Open/Lane Swim</i></p>	<p>6:00a - 8:55a <i>Open/Lane Swim</i></p> <p>9:00a - 9:55a <i>Instructor's Choice</i> (LaDonna) NO OPEN/LANE SWIM</p> <p>10:00a - 12:00p <i>Summer Camp</i></p> <p>12:05p - 3:25p <i>Open/Lane Swim</i></p> <p>3:30p - 4:25p <i>Hydro Happy Hour</i> (Barbara B.) NO OPEN/LANE SWIM</p> <p>4:30p - 5:45p <i>Open/Lane Swim</i></p>	<p>8:00a - 9:25a <i>Open/Lane Swim</i></p> <p>9:30a - 12:00p <i>Youth/Adult Swim Lessons</i> Lane Swim ONLY (2 lanes available)</p> <p>12:05p - 4:45p <i>Open/Lane Swim</i></p>

Important Information:

- NO open/lane swim during water aerobics classes.
- Must be at least 16 years old to attend water aerobics classes.

CURRENT CLASS DESCRIPTIONS

Aqua Endurance - Improve your endurance in a high intensity class while strengthening key muscle groups.

Aquafit - This class incorporates cardio, flexibility, and strength training at an energetic pace, encouraging good posture and correct form, and includes exercises targeting functional daily activities.

Aqua FUN-damentals - Using soothing music that encourages movement while learning techniques involving safety, breathing, posture, muscle strengthening/stretching and cardiovascular health in our “liquid” gym.

Fitness, Friendship, & Fun - Perfect your basic aquatic exercise moves while enjoying themed “oldies” music. Expect to laugh and sing with your water friends!

Hydro Happy Hour - Start your weekend off right with a lively water fitness class set to “oldies” music you will want to move and groove to.

Intenxional Aqua Time - This class will implement a combination of mind/body techniques to cultivate mindfulness and heart coherence to enhance the water aerobics workout experience.

Stretch & Strength - A synthesis of water Tai Chi exercises, diverse stretching exercises, designed to strengthen muscles, posture, balance, and stability on land. Come and join us!

Class schedules are subject to change without notice. We cannot guarantee it, but will attempt to post notices of cancellations. Please consult your physician before any exercise program. Please inform instructor or staff of any physical limitations prior to working out.

Thank you for your understanding!