



WELLNESS CENTER AQUATIC CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	4 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Aqua Dance 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	5 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	6 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Hydro Camp 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	7 7am-9am Open Swim 9:15-10am Total Aqua 1:30pm-3pm Open Swim
10 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	11 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Aqua Dance 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	12 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	13 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Hydro Camp 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	14 7am-9am Open Swim 9:15-10am Total Aqua 1:30pm-3pm Open Swim
17 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	18 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Aqua Dance 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	19 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	20 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Hydro Camp 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	21 7am-9am Open Swim 9:15-10am Total Aqua 1:30pm-3pm Open Swim
24 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	25 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Aqua Dance 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	26 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim	27 7am-9:15am – Open Swim 9:30am-10:15am Silver Sneakers Splash 10:30am-11:15am – Hydro Camp 12pm-12:45pm – Total Aqua 4pm-5:30pm – Open Swim	28 7am-9am Open Swim 9:15-10am Total Aqua 1:30pm-3pm Open Swim
31 7am-8am Open Swim 9:15am-10am Gentle Waves Aqua 2pm-3:30pm Open Swim				