

WATER AEROBICS/LAND CLASSES

FALL/WINTER SCHEDULE

ALL CLASSES ARE INCLUDED IN SWIM PACKAGE AS A COURTESY

ALL CLASSES ARE \$6.00 EXCEPT AS NOTED

MONDAY	5:30-6:30AM	POWER STROKE-ADVANCED	(DANNY)
	8:00-9:00AM	POWER STROKE-BEGINNERS	(DANNY)
	9:00-9:50AM	HYDRO MOTION (MEDIUM)	(PAT)
	10:00-10:50AM	DEEP WATER (HIGH)	(PAT)
	6:00-6:50PM	DEEP WATER (HIGH)	(SHERRY)
TUESDAY	8:15-8:45AM	FUNCTIONAL MOVEMENT(LAND) \$3.00	(CARMEN)
	9:00-10:00AM	DEEP WATER (HIGH)	(LISA)
	9:30-10:00AM	ARTHRITIS (LOW) \$3.00	(MARIE)
	10:00-10:50AM	HYDRO MOTION (MEDIUM)	(MARIE)
	4:30-5:30PM	BEGINNER LINE DANCING \$2.00	(SARAH)
	5:30-7:00PM	STOMPERSIZE \$3.00	(SARAH)
6:00-6:50PM	DEEP WATER (HIGH)	(DARIAN)	
WEDNESDAY	5:30-6:30AM	POWERSTROKE-ADVANCED	(DANNY)
	8:00-9:00AM	POWERSTROKE-BEGINNERS	(DANNY)
	9:00-9:50AM	HYDRO MOTION (MEDIUM)	(LISA)
	10:00-10:50	DEEP WATER (HIGH)	(LISA-CARMEN)
THURSDAY	8:15-8:45AM	FUNCTIONAL MOVEMENT(LAND) \$3.00	(CARMEN)
	9:00-10:00AM	DEEP WATER (HIGH)	(LISA)
	9:30-10:00AM	ARTHRITIS (LOW) \$3.00	(MARIE)
	10:00-10:50AM	HYDRO MOTION (MEDIUM)	(MARIE)
	4:30-5:30PM	BEGINNER LINE DANCING \$2.00	(SARAH)
	5:30-7:00PM	STOMPERSIZE \$3.00	(SARAH)
6:00-6:50PM	DEEP WATER (HIGH)	(DARIAN)	
FRIDAY	5:30-6:30AM	POWERSTROKE-ADVANCED	(DANNY)
	8:00-9:00AM	POWERSTROKE-BEGINNERS	(DANNY)
	9:00-9:50AM	HYDRO MOTION (MEDIUM)	(LISA)
	10:00-10:50AM	DEEP WATER (HIGH)	(LISA)
SATURDAY	10:00-11:00AM	WATERWORKS/DEEP WATER (HIGH)	(DARIAN)

ADULT PRIVATE SWIMMINGS LESSONS ARE ALSO OFFERED - \$8.00 PER LESSON. PLEASE CALL THE NATATORIUM FOR SCHEDULING YOUR LESSON.

ALL CLASS TIMES AND INSTRUCTORS SUBJECT TO CHANGE.