

Aquatics

Class Schedule Summer 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>6:15-7:45am Swim for Fitness Jackie</i>	<i>8:15-9:15am Swim for Fitness Jackie</i>	<i>6:15-7:45am Swim for Fitness Jackie</i>	<i>8:15-9:15am Swim for Fitness Jackie</i>	<i>6:15-7:45am Swim for Fitness Jackie</i>		
<i>9:00-10:00am Liquid Fit Taryn</i>	<i>9:00-10:00am Gymstick™ Power Christina</i>	<i>9:00-10:00am Aqua Kickbox Cathy W</i>		<i>9:00-10:00am Deep Water Bobbi</i>	<i>9:00-10:00am Liquid Fit Nancy</i>	<i>9:00-10:00am Deep Water Cathy H.</i>
	<i>12:00-1:00pm Swim for Fitness Jackie</i>		<i>12:00-1:00pm Swim for Fitness Jackie</i>			
<i>6:00-7:00pm Swim for Fitness Jackie</i>	<i>1:00-2:00pm Liquid Fit Cathy H. Indoor Pool</i>		<i>1:00-2:00pm Liquid Fit Terri Indoor Pool</i>		<i>1:00-2:00pm Liquid Fit Molly Indoor Pool</i>	
<i>6:15-7:15pm Liquid Fit Abby</i>		<i>6:00-7:00pm Swim for Fitness Jackie</i>	<i>6:15-7:15pm Deep Water Cathy H.</i>			

- All classes are located outdoors unless noted otherwise.
- The Group Exercise Aquatic classes located in the Indoor Pool use 2 lanes for 8 or less participants and 3 lanes for 9 or more participants.
- In the event of inclement weather, aquatic classes and children's group and private swimming lessons will be moved to the Indoor Pool.
- Sharing lap lanes is mandatory and considered proper club etiquette.
- The Outdoor Lap Pool and Outdoor Whirlpool are adult areas only.
- Please be courteous while classes are in session. The use of cellular telephones is limited to the Outdoor Cabana seating area and the West side of the Outdoor Lap Pool.
- Children not participating in scheduled group or private swimming lessons must use the Leisure Pool in designated areas only as directed by Lifeguards. Please be courteous when swimming lessons and aquatic classes are in session.

