

POOL SCHEDULE

Monday, Wednesday, Friday		Tuesday, Thursday	
6 a.m.	Aerobics - Level 3	6 a.m.	
7 a.m.	Senior Splash - Level 1	7 a.m.	
8 a.m.		8 a.m.	
9 a.m.		9 a.m.	
10 a.m.		10 a.m.	Senior Splash - Level 1
11 a.m.		11 a.m.	
Noon	Fit Ladies - Level 2	Noon	Closed
1 p.m.	Aerobics - Level 3	1 p.m.	Senior Splash - Level 1
2 p.m.		2 p.m.	
3 p.m.		3 p.m.	
4 p.m.		4 p.m.	
5 p.m.	Aerobics - Level 3	5 p.m.	Aerobics - Level 3

Level 1 – Low Intensity Water Exercises

Level 2 – Moderate Intensity Water Exercises

Level 3 – High Intensity Water Exercises