







AQUATICS



	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	AQUA FITNESS 9:10am-10:10am Sherri	INSANE AQUA FITNESS 9:10am-10:10am Paige	AQUA CIRCUIT 9:10am-10:10am Susan	INSANE AQUA FITNESS 9:10am-10:10am Paige	AQUA FITNESS 9:10am-10:10am Susan	AQUA FITNESS 9:10am-10:10am Paige	
PM							
		40% RESISTANCE		50% RESISTANCE		60% RESISTANCE	
							
		80% RESISTANCE		99% RESISTANCE		120% RESISTANCE	
	DEVELOPMENTAL SWIM CLINIC 4:30pm-5:30pm 5:30pm-7:00pm (registration required)		DEVELOPMENTAL SWIM CLINIC 4:30pm-5:30pm 5:30pm-7:00pm (registration required)	INSANE AQUA FITNESS 6:00pm-7:00pm Paige	DEVELOPMENTAL SWIM CLINIC 4:30pm-5:30pm 5:30pm-7:00pm (registration required)		*Private Lessons will also impact Pool and Lane Availability