



# Aquatic Exercise Schedule

Swim or attend a minimum of two classes per week for improved health & fitness.

The pool and whirlpool are closed for use during Aquatic Therapy and Aquatic classes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
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5:00am - 9:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
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9:15am - 10:00am	Blue Class	Open Swim	Blue Class	Open Swim	Blue Class
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10:15am - 11:00am	Green Class	Open Swim	Green Class	Open Swim	Green Class
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11:15am - 12:00pm	Yellow Class	Open Swim	Yellow Class	Open Swim	Yellow Class
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12:00pm - Midnight	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
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## Aqua Blue

Moderate to vigorous activity regularly

## Aqua Green

Active life most of the time

## Aqua Yellow

Seated class with weights

## Open Swim

NO lifeguard on duty  
Swim at your own risk

## Questions?

Call x4339

