



# Aquatic Exercise Schedule

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

**Aqua Blue**  
Moderate to vigorous activity regularly

**Aqua Green**  
Active life most of the time

**Aqua Yellow**  
Gentle class for those with mobility issues

**Aqua Power**  
Higher energy class for strength and cardio exercise

**Open Swim**  
NO lifeguard on duty  
Swim at your own risk



**Questions?**  
Call x4360

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am - 9:00am	Open Swim	Open Swim	Open Swim	Open Swim 8:30am - 9:00am Aqua Power	Open Swim
9:15am - 10:00am	Aqua Blue	Open Swim	Aqua Blue	Open Swim	Aqua Blue
10:15am - 11:00am	Aqua Green	Open Swim	Aqua Green	Open Swim	Aqua Green
11:15am - 12:00pm	Aqua Yellow	Open Swim	Aqua Yellow	Open Swim	Aqua Yellow
12:00pm - 11:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim