

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>Hydro Cardio</u> 6am-7am Tiina</p>		<p><u>Hydro Cardio</u> 6am-7am Tiina</p>	
	<p><u>H2O Whoa</u> 8:30am-9:30am Sherrill</p>		<p><u>H2O Whoa</u> 8:30am-9:30am Sherrill</p>	<p><u>H2O Whoa</u> 8:30am-9:30am Sherrill</p>
	<p><u>Aqua Fit</u> 9:30am-10:30am Sherrill</p>		<p><u>Aqua Fit</u> 9:30am-10:30am Sherrill</p>	
	<p><u>Water Wellness</u> 10:30am-11:30am Sherrill</p>		<p><u>Water Wellness</u> 10:30am-11:30am Sherrill</p>	
<p><u>Power Hour</u> 5:30-6:30pm Heather</p>		<p><u>Power Hour</u> 5:30-6:30pm Heather</p>		<p><u>Power Hour</u> 5:30-6:30pm Heather</p>

Pool Rules

- Outside Lane Will Always Be Open For Lap Swimming Unless Class Exceeds Space.
- **The Pool Will Be Closed During Thunderstorms.**
- No Food Or Drink In The Pool Area Except Water.
- No Running Or Diving!
- **Bring A Pool Towel We Only Offer Hand Towels.**
- No Rough Play

Water Aerobics Class Descriptions

Aqua Fit is a low impact class that is suitable for any fitness level.

H2O Whoa is a complete aerobic workout that is perfect for those who are ready to increase their fitness level.

Water Therapy is a low impact class that is perfect for beginners as well as those who are trying to get their strength back from a sickness or surgery.

Hydro Cardio is a combination of both cardio and strength exercises. It's a great way to start your early morning.

Power Hour is a fast pace class with cardio and muscle building fun!

You don't have to know how to swim to participate in a water aerobics. Taking a water aerobics class is a great way to get the exercise you need while the water supports your body in order to reduce stress on your muscles and joints.