

AQUATIC FITNESS

WINTER Jan 4 - Mar 6

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|-------------------------------|-----------------------------------|-------------------------------|--|-----------------------------|
| Super Splash 7:30-8:30 am | Splash 7:30-8:15 am | Deep Water Splash 7:30-8:30 am | Splash 7:30-8:15 am | Deep Water Splash 7:30-8:30 am | |
| | Splash 9:30-10:15 am | | Splash 9:30-10:15 am | | |
| Super Splash 11:45 am-12:45 pm | Splash 11:45 am-12:30 pm | Super Splash 11:45 am-12:45 pm | Splash 11:45 am-12:30 pm | Deep Water Splash 11:45 am-12:45 pm | Splash 11:45 am-12:30 pm |
| | Senior Splash 2:00-2:30 pm | | Senior Splash 2:00-2:30 pm | | |
| Super Splash 5:30-6:30 pm | | Super Splash 5:30-6:30 pm | | | |

SPRING BREAK Mar 8 - 20

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|--------------------------|-----------------------------------|--------------------------|-----------------------------------|
| Super Splash 7:30-8:30 am | Splash 7:30-8:15 am | Super Splash 7:30-8:30 am | Splash 7:30-8:15 am | Super Splash 7:30-8:30 am |
| Super Splash 11:45 am-12:45 pm | Splash 11:45-12:30 pm | Super Splash 11:45 am-12:45 pm | Splash 11:45-12:30 pm | Super Splash 11:45 am-12:45 pm |
| Super Splash 5:30-6:30 pm | | Super Splash 5:30-6:30 pm | | |

Please consult your physician before starting any exercise program. Please note: All schedules are subject to change without notice

30 Minute Senior Splash

Dedicated to the mature exerciser. (Regular public swimming admission fees apply to this class.)

45 Minute Splash

This is a moderately paced class. Suitable for those who are new to fitness, or those who want to have a lighter workout.

60 Minute Super Splash

This is a high intensity, high energy exercise class. Perfect for fit regular exercisers and those of you looking for a challenge.

60 Minute Deep Water Splash

Buoyancy belts take you to the world of "no impact" exercise.

REACT Splash

A doctor's referral is required. Visit the front desk for more information or phone 490-2426.

Tue, Thu

1:15-1:45 pm

Adults: \$3.60 or \$36/10 pass

Seniors: \$2.75 or \$27.50/10 pass

AQUAFIT/MASTERS FEES

Watch for specialty classes featured throughout the sessions.

| | Single | 10 Tickets | 20 Tickets | 40 Tickets |
|------------------------|--------|------------|------------|------------|
| Adult (19-64 years) | \$5.00 | \$45.00 | \$90.00 | \$180.00 |
| Senior (65 years+) | \$4.00 | \$36.00 | \$72.00 | \$144.00 |

Fee includes admission to the swim session one hour before and after class.