



# WATER EXERCISE SCHEDULE

FALL 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics & Propulsion Walking	<b>Propulsion Walking</b> 6:00-11:15 AM Family Adventure Pool	<b>Propulsion Walking</b> 6:00-11:15 AM Family Adventure Pool	<b>Propulsion Walking</b> 6:00-11:15 AM Family Adventure Pool	<b>Propulsion Walking</b> 6:00-11:15 AM Family Adventure Pool	<b>Propulsion Walking</b> 6:00-11:15 AM Family Adventure Pool	<b>Propulsion Walking</b> 10:00-2:30 PM Family Adventure Pool
	<b>Low Impact Water Aerobics</b> 7:00-7:45 AM Family Adventure Pool		<b>Low Impact Water Aerobics</b> 7:00-7:45 AM Family Adventure Pool		<b>Low Impact Water Aerobics</b> 7:00-7:45 AM Family Adventure Pool	
	<b>Deep Water Aqua Jog</b> 8:00-8:45 AM Competitive Pool		<b>Deep Water Aqua Jog</b> 8:00-8:45 AM Competitive Pool		<b>Deep Water Aqua Jog</b> 8:00-8:45 AM Competitive Pool	
	<b>Water Aerobics</b> 9:00-9:45 AM Competitive Pool		<b>Water Aerobics</b> 9:00-9:45 AM Competitive Pool		<b>Water Aerobics</b> 9:00-9:45 AM Competitive Pool	
	<b>Easy-Peasy on the Hips &amp; Kneesies</b> 10:00-10:45 AM Family Adventure Pool		<b>Easy-Peasy on the Hips &amp; Kneesies</b> 10:00-10:45 AM Family Adventure Pool		<b>Easy-Peasy on the Hips &amp; Kneesies</b> 10:00-10:45 AM Family Adventure Pool	
	<b>Propulsion Walking</b> 4:00-6:30 PM Family Adventure Pool	<b>Propulsion Walking</b> 4:00-6:30 PM Family Adventure Pool	<b>Propulsion Walking</b> 4:00-6:30 PM Family Adventure Pool	<b>Propulsion Walking</b> 4:00-6:30 PM Family Adventure Pool	<b>Propulsion Walking</b> 4:00-6:30 PM Family Adventure Pool	
	<b>Deep Water Aqua Jog</b> 6:30-7:15 PM Competitive Pool		<b>Deep Water Aqua Jog</b> 6:30-7:15 PM Competitive Pool			

**Due to new guidelines we have reduced class sizes to 18 participants for the following:**

- Low Impact Water Aerobics
- Deep Water Aqua Jog
- Water Aerobics
- Easy-Peasy on the Hips & Kneesies

## **Propulsion Walking**

- Limit: 15 Patrons
- All patrons are asked to maintain 6 feet social distancing.
- All patrons must walk with the current to aid in social distancing.