



WATER EXERCISE SCHEDULE

WINTER 2020

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